

# BEGINNING GIRLS 1

## Vault

- Swing, straight jump (on ground)
- Smash, swing, straight jump (on the ground)
- Rebounds
- Smash, swing, straight jump (off trapezoid to 2 - 8in mats w/springboard)
- Run, smash, swing, straight Jump (2 - 8in mats)
- Swing tuck jump (on ground)
- Smash, swing, tuck jump (on ground)
- Smash, swing, tuck jump (off trapezoid to 2 - 8in mats w/springboard)
- Run, smash, swing, tuck jump with safe landing (2 - 8in mats)

## Uneven Bars

- Hollow Support Hold - 5 seconds
- 3 Casts (hips must leave bar)
- Forward Roll Dismount
- 5 Chin Ups, With feet held
- Pull-Over with Block
- Straddle Hold (10 seconds)

## Balance Beam

- Forward Walks
- Backward Walks
- Straight Leg Kicks
- Straight Jumps (with proper plies)
- Jump Dismount (with safe landing)
- Candlestick Hold (single leg stand attempt)
- Push-Up Position
- Proper Lunge

## Floor Exercise

- Forward Roll (proper stand-up)
- Backward Roll (on floor)
- Open Handstand
- Handstand (against wall, 5 seconds)
- Cartwheel (correct lunges)
- 1 Leg Bridge Balance (each leg for 5 seconds)

