

Carnival Level 1 Routine (Foundation)

Skills	Notes
Vault	
From standing on 60cm box step down to a board, immediate straight jump to land on 30cm mat, arms start down and behind hips and lift to vertical at peak of jump. Arms forward horizontal on landing.	60cm box, beat board, 30cm box
Bars	
Grasp LB, hold dish shape for 2 seconds. Bent knee swing x 2 with re-grasp (start can be from the floor or board or 20cm padded box)	From 40cm box
Jump to front support on LB, show dish shape, hold for 2 seconds (start can be from box, beat board or floor)	Off a 60cm box, can add suitcase box on top if short
Casts x 2 in series (hips off bar in casts)	
Roll forward through controlled tuck hang to stand	Soft 10cm mat underneath bar Please be standing here in case gymnasts fall
Beam	
Jump to front support, lift leg over to straddle sit	Mount facing opposite end to dismount mats
Kneel on one knee, free leg lift to horizontal and stand	Arms in present
x4 point steps	arms in present
Straight jump drill	
Half turn on 2 feet, hold for 2 sec	Arms in 5 th position
Straight jump dismount from end of beam	Arms optional for motor bike landing

Floor	
Letter Y at edge of floor, 3 steps into floor letter Y	
Handstand ('L' handstand) to lunge	Arms in 5 th to start handstand, landing arms in front for lunge
Tuck forward roll to land in squat	Straight arms and legs
Stand up	
Tuck jump	Arms optional for motor bike landing
Step into straight jump, immediate rebound into straight jump	Start arms behind and then move to 5 th for rebound and straight jump Arms optional for motor bike landing
Squat down to floor	Hands in front of them preparing for angry cat
<p>Angry cat</p> <p>Jump to front support Turn to rear support</p> <p>Sit in L, touch toes and return to L</p> <p>Lie down, bent knee dish hold</p> <p>Roll over and push up to arch position</p>	Hold each element for 2 sec
Tight body on stomach, push to seal, into angry cat kneel and stand*	Not a skill just how to get up off ground <i>*See Excel group chat for video</i>
X2 FWD passes (arms in present)	X1 each leg
Letter Y to Judge and walk off	