

Basic Actions

Rotation

Module 1: Log Roll, Cat Roll, Spinning Skydiver, Flipping Skydiver, Spinning Saucer, Spinning Cup, Spinning Crab

Module 2: Front Support to Back Support to Front Support, Side Support to Front Support to Side Support, Side Support to Back Support to Side support, Dish Arch, Dish Roll, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, full turn, Sumo Roll

Module 3: Footsie Roll, Spinning Support, Forward Roll, Backward Roll, Cartwheel

Module 4: Tank Roll, Back Spin, Windmill, Dive Forward Roll

Travel

Module 1: Foxes, Bunnies, Crawling Soldier (on front and back), Crabs, Scorpion, Camel walking, Frog Hopping on the move, Pogo Jumping on the move

Module 3: Tandem Soldier, Caterpillar Walking, Support Train Walk, Monkey Walking, Baby Elephants

Module 4: Chassé, Worm

Balance

Module 1: Angry Cat, Happy Cat, Tunnel, Cup, Saucer, Skydiver, Frozen Crab, Frozen Scorpion

Module 2: Tuck, Pike, Pike Straddle, Star, Straight, Front Straddle, Dish Arch, Puck, Side Lunge, Forward Lunge, Front Support, Back Support, Side Support, Shoulder Stand, Seal,

Module 3: Front T Balance, Side T Balance, Handstand, Frogstand, Wall Walk, V-Sit, Headstand

Module 4: Swedish Fall, Pike Fold, Knee Bridge, Crossover, Baby Freeze, Japana, Splits, Pull Through To Stand On Knees, Acrobatic balances - pair, trio, quartet, group.

Flight

Module 1: Frog Hop on the spot, Pogo Jump on the spot

Module 2: Shapes in the air – tuck, pike straddle, pike, star, 5 basic jumps – 1 to same (hop), 1 to the other (leap), 1 to 2, 2 to 1, 2 to 2.

Module 3: Hurdle step

Module 4: Leap Frog, Jacks, Two Step, Helicopter, Three step, Six Step, Backspring, Superman, Assisted jumps, Assisted handspring, Assisted back flic, Assisted somersault