

- run up, straddle onto 3 blue blocks, feet together, star jump dismount AND
- run up to trampette, star jump
- hold both landings for 3 secs

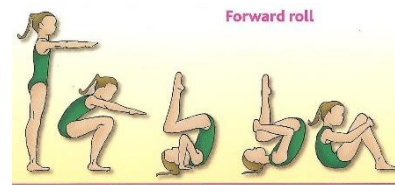
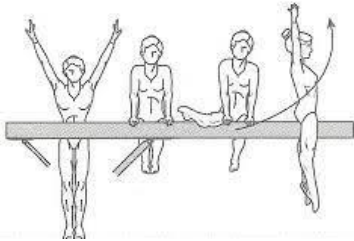


- jump to front support
- 3 Casts
- controlled forwards circle down



with widener if needed

- jump to front support, leg round, feet behind to stand
- needle kick
- tiptoe walks with small leg kicks x2
- forward roll to sit
- turn to side-sit and dismount



- handstand with support
- cartwheel quarter turn
- backward roll

