

Beginner acro

Forward roll

Backwards roll

Straddle roll

Cartwheel

Knee cartwheel

One handed

Handstand

Handstand forward roll and limber

Headstands

Roundoff

Bridge (hold for 5 seconds)

Backbend & recover (<-stand up)

Bridge kicks

Bridge leg *holds*

Introduce later in season: kickovers, drive rolls, drive cartwheels, Far away cartwheel, chin stand

Intermediate & Teen

Backbend kickover

Dive roll

Far away cartwheels

Chin stand

Bad leg cartwheels (all)

Back walkover

Front walkover

Back limber

Standing back handspring

Handstand hold (10 seconds)

Side Aerial

Elbow Stand

Backwards roll to push up

Headspring

Kip up

Introduce later in season: valdez, roundoff back handspring

Advanced

Back walkover (bad leg)

Front walkover (bad leg)

One handed front walkover

Handstand pirouette

Valdez

Tuck

RB

RBT

Front aerial

Front handspring

Backwards roll to handstand