

Level 1

Vault

- Stretch jump (board to mat)
- Handstand fall to straight lying
- Running form/technique
- Handstand hops on the floor
- Squat-on to stacked mats

Bars

- Mount: Back hip pullover
- Cast
- Back hip circle
- Straddle on, sole circle dismount
- Underswing dismount
- Floor bar leg cuts
- Single knee uprise
- Wrist shifts

Beam

- Mount: Jump to front support
- Pike lying position
- Relevé balance
- Arabesque
- Forward leg swings
- Lever
- Leg balance in forward passé
- Stretch jump
- Cartwheel to $\frac{3}{4}$ side handstand dismount
- Whip swings to tap
- Lever action
- Cross handstand on low beam
- Side handstand on low beam

Floor

- $\frac{3}{4}$ handstand
- Cartwheel, $\frac{1}{4}$ (90°) turn inward
- Backward roll tucked
- Candlestick
- Forward roll tucked
- Forward passé balance
- Forward chassé
- Split jump (30°)
- Straddle presses
- Walking with feet turned out
- Tripod balance
- Straight arm backward roll in pike position down incline mat
- Bridge kick-over from an elevated surface
- Hurdle step cartwheel