

Boys Future Stars Recreational & Rec Plus Gymnastics Routines 2024

Floor Working down a line

LEVEL 1:

Present

1. **Forward Roll** to stand
2. **Straight Jump**
3. **1 footed balance** (hold for 3 seconds)
4. Kick into **baby handstand**
5. Lower to Floor, lift to **arch** (hold for 3 seconds)
6. Rollover to **dish** (hold for 3 seconds)
7. Rock and roll to stand, **tuck jump**

Present

LEVEL 2:

Present

1. **Forward roll to straddle sit**, rock and roll to stand
2. Kick to **handstand**, and come back down
3. **Arabesque** (hold for 3 seconds)
4. **Cartwheel**
5. **Half turn jump**, lower to floor & lie down in straight shape on back
6. Push up to **bridge** (hold for 3 seconds), then **kick over** for **Bonus**
7. Push up into **back support**, turn over to **front support** (hold both for 3 seconds), jump feet in to stand up.

Present

LEVEL 3:

Present

1. Step into **2x cartwheels** connected
2. Step into **handstand forward roll**, immediate **half turn jump**
3. **Backwards roll** with straight legs
4. Step into **arabesque** (Hold 3 secs)
5. **Full turn jump**
6. Slide into any **splits** (hold 3 secs) OR lower and lift to **straight leg headstand** (hold 3 secs)
7. **Round off** connected into **straddle jump**, OR **flic/tuck back** for **Bonus**

Present

LEVEL 4:

Present

1. Run into **handspring or punch front**
2. **Straight jump, tuck jump** connected
3. **Backwards roll** to front support
4. Turn to **back support**
5. **Pike or straddle fold**(Hold 3 secs), rock and roll to stand
6. **Handstand forwards roll** with straight arms, immediate **half turn jump**
7. **Round off flic** or **tuck back-flic tuck back** or **flic straddle jump** connected for bonus

Present

VAULT

Level 1 (Springboard)

Straight jump onto block, walk smartly to the end, straight jump off (marked out of 9) OR Straight jump onto block, kick to handstand flat back (marked out of 10)

Level 2 (Springboard OR double springboard)

Squat on, kick to handstand flat back over vaulting table OR handstand flat back onto x3 blue mats

Level 3 (Small trampette OR springboard)

Handstand flat back over vault table at Suitable Height OR handspring over block

Level 4 (Small trampette OR springboard)

Handspring over vault table OR ½ on over vault table

Bars

Level 1: (low bar)

1. **5 fish swings** (dish to arch)
2. *Drop off to land*

Level 2: (low bar)

1. **Jump to front support** on bar
2. **2 Casts** return to bar
3. **Circle down**

Level 3: (low bar)

1. **Circle up**
2. **2 casts**
3. **Back hip Circle**
4. **Cast away** to land

Level 4: (high bar)

1. **Chin up, circle up**
2. **Cast Back hip circle**
3. **Circle down** to hang
4. **3 Swings**, drop off to land

