**Huntingdon Gymnastics Club**

**Future Stars Girls Recreational Gymnastics Routines 2019**

**Floor**

**Level 1**

1. **Forward roll**
2. **Half turn jump**
3. **1 footed balance** *with knee raised to 90 degrees (hold for 3 seconds) return foot to floor*
4. *Sit down and lie flat on your back*
5. *Lift up to* **Dish** *(hold 3 seconds)*
6. *Roll over to* **Arch** *(3 seconds), stand up neatly*
7. *Step into* **Cartwheel**
8. *Join feet and* **Tuck jump**

**Level 2**

1. **Cartwheel** *quarter turn*
2. **Backward roll**
3. **Half turn jump**
4. **Forward roll**
5. *Step into* **Arabesque** *(hold for 3 seconds), return legs to stand*
6. **Star jump**
7. *Sit down, roll back to* **Shoulder Stand** *(hold for 3 seconds), lower legs to lie flat on back*
8. *Push up to* **Bridge** *(hold for 3 seconds), return to lie flat on back, rock and roll to stand.*

**Level 3**

1. **2 Cartwheels linked***, second cartwheel to be quarter turn*
2. **Forward roll to straddle stand**
3. **Half turn jump**
4. **Backward roll**
5. **Arabesque** *(hold for 3 seconds), return legs to stand*
6. **Full turn jump**
7. **Hand stand** *(hold for 2 seconds)*
8. **Hurdle step, Round off,** *rebound jump*

**Vault**

**Level 1**

**Squat on** *onto red block, walk to the end,* **star jump** *off*

**Level 2**

**Squat on – Straight jump off** *over vaulting table*

**Level 3**

**Handstand flat back** *90cm mats*

**Beam**

**Level 1 –** *on floor beam*

1. **Step on**
2. **3 steps forward on toes**
3. **Half turn on toes**
4. **3 steps backwards**
5. **Half turn on toes**
6. **1 footed balance** *(hold 3 seconds)*
7. **Straight jump**, *walk to the end*
8. **Straight jump off**

**Level 2** – *on low beam, step on*

1. **3 steps forwards**
2. **Straight jump**
3. **Arabesque** *(hold for 3 seconds)*
4. **Half turn on toes**
5. **3 steps backwards**
6. **Tuck jump**
7. **Half turn on toes**
8. **Star jump off**

**Level 3** – *on high beam*

1. **Mount to front support, leg over, squat to stand**
2. **3 dip steps**
3. **Tuck jump**
4. **Half turn in squat**
5. **3 steps backwards**
6. **Half turn on toes**
7. **Arabesque**
8. **Round off dismount**