

# SPELTHORNE GYMNASTICS

## Club Champs - Floor Reception

*Present*

One leg balance (3s)

Stretch

Forward roll to straddle sit (3s)

Japana (3s)

Lay flat on back

Roll into arch (3s)

Push to front support (3s)

Crouch

Star jump

Jump half turn

3 skips forward

Stretch

Lift one leg and hold (1s)

Fall into lunge (3s)

Turn to star

Stretch

*Present*