

# SPELTHORNE GYMNASTICS

## Club Champs - Floor

Year 4

*Present*

Arabesque (3s)  
Forward roll, jump full turn  
Chasse scissor kick  
Tip toes, cartwheel to star  
Tucked headstand (3s)  
Straddle stand, jump feet together (3s)  
Stretch  
Side leg kick, lunge (3s)  
Turn to stretch  
Backward roll to front support (3s)  
Side support, back support (3s)  
Bridge (3s)  
Japana swim through, to knees (3s)  
Slide to splits (3s)  
Shoulder stand (3s)  
Stretch.

*Present*