

**Level 5 Skill Sheet**

<b>Vault</b>	<b>Floor</b>
Round off over block with mini tramp	Back Handspring on 8 inch by themself
Jump up onto table from board	Roundoff Back Handspring with spot
Handstand plop with spring board	Chasse
<b>Bars</b>	Front handspring
1 cast back hip circle dismount	Front tuck off spring board on 8 inch
Cast to horizontal	Round off backward roll
Drop kips with spot	Step leap
Glide wing with punch pullover	
Tap swing dismount	<b>Strength</b>
Squat on	10 burpees
<b>Beam</b>	Hollow rocks arms above head 30 seconds
Cartwheel on high beam	Plank jacks 30 seconds
Full turn	
Handstand to vertical	<b>Tramp</b>
Jump connection: Straight jump to split jump	3 jump to front tuck on 8 inch stick
Leap on high beam	Back drop pull over to feet
Side handstand dismount with spot	Dead dog to dog