

Stage 2 Routine

1. Half turning Straight Jump (Straight legs in jump – feet together during jump and on landing)
2. Forward roll to Stand (Straight legs – pointed toes – arms by ears)
3. Forward roll to Sitting in Pike (Straight legs – pointed toes – arms by ears) and Open legs to Straddle Sit (flat back – pointed toes – arms by ears)
4. Teddy Bear Roll (hands on shins or parallel to legs – straight legs – pointed toes)
5. Join legs together to sit in Pike (flat back - arms by ears – legs together)
6. Reach forward and roll back to Shoulder Stand (arms by ears on the floor – hold shape) before doing an Immediate Roll to Standing (feet together – arms by ears)
7. Crouch down to Squat Balance (knees and feet together)
8. Tucked Headstand for 3 seconds before returning to squat balance (hold tuck shape – forehead on floor – pointed toes) and finish in a stretched standing position.
9. Step Quarter Turn to Cartwheel Sideways, finishing in Star Shape (keep shape throughout – arms by ears)
10. Quarter Turn Jump from Star, landing with feet together before performing an Arabesque (straight legs – pointed toes).

Stage 2 Routine

1. Straight Jump with Half Turn
2. Forward Roll to Standing
3. Forward roll to Sitting Pike. Open legs to Sit in Straddle
4. Teddy Bear Roll
5. Join legs together to sit in Pike
6. Stretch hands forwards towards toes and roll into Shoulder Stand. Immediately roll forwards to Standing.
7. Squat down.
8. Tucked Headstand for 3 seconds
9. Step leading leg sideways. Sideways Cartwheel to finish in a Star Shape
10. Jump with a Quarter Turn and land with feet together. Arabesque for 3 seconds.

Stage 2 Vault Routine

From a short run, Hurdle-Step and Squat On to two layers of the long box with control. Stand Up and Tuck Jump to Landing Position on safety mat.

One mark for each of the following:

1. Energy in run up
2. Hurdle-step
3. Swing of arms forwards and upwards to box top
4. Legs together in jump
5. Lifting of hips in jump
6. Landing on the box top with feet between hands
7. Tuck shape in dismount jump
8. Height in dismount jump
9. Distance in dismount jump
10. Landing Shape held