

BRONZE

Student Name: _____

AIRTRACK	PRO ZONE	RED ZONE	AIR BAG
Forward Roll to stand	3 jump series	Cartwheels over red sections	TRAMP
Backward roll to feet	straight, tuck, star	legs straight	Shape Jumps tp stick
Bunny Hops	Seat drop x 3	Bunny hops on red box	straight, tuck , star
Lame Monkey	Emergency Stop	Jump to motorbike on black	
Handstand step down	Jump 1/2 Turn	Jump to motorbike to tramp	Dive Roll
Cartwheel straigth legs	Jump Full Turn	jump to h/stand on black box	1/2 turn
Handstand 10 sec assisted	Jump forward roll	Cartwheel over black boxes	Seat landing
Log roll controlled	Hands and knees bounce	Dive roll from red to tramp	
Jumping up boxes	Front Support Bounce	Fwd roll wedge to cartwheel	
Jump 1/2 turns	Handstand bounce on edge	two cartwheels joined	
	Jump shapes over orange wedge	Forward w/over on barrel	
	Backward roll from blue edge	Back w/over on barrel	
		straight arms and legs	

SHAPES	STRENGTH	CLASS PARTICIPATION	AIR BAG TRACK
Tuck	Front support to rear support	Do I line up ready for class	Walk up wall to handstand hold 3 secs
Pike	Banana to superman	Do I wait for instructions	Jump from box dive roll
Straddle	Assisted handstand 10 secs	Do I try my hardest every time	Back fall to dish in bag
Front Support	10 sit ups	Do I listen to coach's instructions	Forward roll fast into bag
Rear Support	Wall chair sit 15 secs		Forward egg roll into bag
Dish hold	Bridge 5 seconds		
Superman hold			