

# Junior Fundamentals Learning Criteria

## **Beam**

Tip Toe Walks
Walking Backwards
Ice Cream Scoops
Forward Roll

## **Trampoline**

Jump Full Turn
Straight Jumps
Star Jumps
Tuck Jumps

## **Bars**

Tuck Holds
Tuck Swings
Hanging Half Turn
Monkey Walks
Bear Walks
Roll Over The Bar

## **Floor**

Forward Roll
Donkey Kick
Wall Handstand
L Handstand
Front Support
Back Support

## **Vault**

Motor Bike Landings
Jump and Roll (wedge)
Star Jumps
Tuck Jumps