

School Routines 2025 – Y1/2

The routines below are for the schools competition. Below are the guidelines for deciding which category to enter your gymnast.

Please check that your gymnasts are entered into the correct category.

- Beginners are those who do not do any gym outside of school.
- Intermediate routines are for those who belong or have belonged to a club and train 2 hours or less. Eg If they have been in an intermediate class and left they should still do the intermediate routine – it will be within their capabilities.
- Advanced routines are for those who train more than 2 hours.

Floor Routines

Year 1/2

Advanced	Intermediate	Beginners
Forward roll Stretch jump Cartwheel 1/4 turn arabesque Backward roll Chassis cat leap Tuck jump	H balance Forward roll to sit in tuck Legs out to dish and arch Push up to front support Star jump	Walk along bench, jump off Bunny hops in 4 hoops, Move hands forward to front support Lie on tummy, roll over onto back then back to tummy Push up to front support Lift one leg to balance (3 sec)