**KS2 Talented and Gifted Gymnastics 2020**

**2-4 hrs**

1. 1 leg balance
2. Chase split leap
3. Handstand
4. Round Off
5. 1 leg splits
6. Cartwheel, Cartwheel
7. Split Jump
8. Backbend to bridge, kick over
9. Straddle lever
10. Bunny hop to handstand

**4-**6hrs

1. Arabesque
2. Chase split change
3. Handstand forward roll
4. Round off backward roll to front support
5. 2 leg splits
6. Handstand back walkover
7. Perch hold
8. Straddle Jump
9. Backward walkover
10. Straddle to handstand

**6-8 hrs**

1. Y balance
2. Chase split straddle half
3. Forward walkover
4. Round off flick OR Round off backward roll to handstand
5. 3 ways splits
6. Cartwheel backward walkover to straddle jump
7. Russian lever
8. Split half
9. Handspring
10. Pike to handstand