**Galaxy Gymnastics**

**Fun Meet**

**Mini-Martian Routines**

**Vault**

Squat on or

(Handstand)

Tuck jump off

Stop sign, ta-da

**Bars**

Pullover

3 casts (back hip circle)

Climb up

3 swings, let go

Stop sign, ta-da

**Beam**

Step up to arabesque 3 sec.

½ turn, walk backward half way down beam

¼ turn, tuck jump, ¼ turn

Step kicks to end

Straddle jump off

Stop sign, ta-da

**Floor**

Forward (or backward) roll down hill

Gallop (or skip)

Cartwheel

Hop on 1 foot

Donkey Kick

Assemble

Stop sign, ta-da

Note: skills in parenthesis for the 5 year olds if you think they need a challenge.

**Galaxy Gymnastics**

**Fun Meet**

**Shooting Stars Routines**

**Vault**

Squat on/ little handstand

Straddle jump off

Stick

**Bars**

Pullover

3 casts

Climb up to high bar

3 swings, let go

Stick

**Beam**

Mount-Facing the beam close to the dismount side, turn and sit on the beam

Turn away from the dismount side to an open tuck position. Lay down to Candlestick (swing legs through straddle sit to stand)

2 chasses

Straight jump

¼ pivot, side pose, ¼ turn towards dismount side

Lunge to lever/lever hop/handstand

Straddle jump (or cartwheel) dismount

**Floor**

Assemble, jump ½ turn, pose

Running cartwheel of choice

Chasse, chasse, jump full turn

Kick, step lunge, handstand forward roll or handstand feet together then forward roll to one foot step out to stand

Pose (lunge, one hand on hip, other arm straight up, head back)