

**Cheam Gymnastics Club**  
**Under 6 Display of Gymnastics Skills**  
**Sunday 7<sup>th</sup> March 2010**  
**CHEAM HIGH SPORTS HALL**  
**Chatsworth Road, Cheam, Sutton, Surrey.**

All Under 6 gymnasts are invited to take part in individual displays of badge work learnt in their gym lessons at their club. This display of badge work will be a sequence of moves on the floor, as well as a skill on the box.

All gymnasts taking part will be given a certificate of participation in demonstrating their floor and vault skills.

This event is within the guidelines laid down by the British Gymnastics Code of Ethics and Welfare Policies.

**Under 6 Display of Gymnastics Skills Floor Sequence**

Forward roll to stand  
3 skips, tuck jump  
Half turn jump  
Squat down, roll backwards and forwards to sit in straddle  
2 circle rolls  
Legs together  
Roll backwards and forwards to stand  
Single leg balance  
3 skips, star jump

**Vault**

Squat on, shaped jump off  
Squat through/over  
Straddle on, shaped jump off  
Straddle over