Week 3 - Floor

Jitterbug
1A Straddle forward roll
1B Balance on one foot
2 Flapjack out of donut
3A Bounce to handstand, hands on block
3B Tuck and pike sit like the bears

Rollie Pollie
1A Backward roll
1B Lever to spot
2 Backward handstand one foot on donut, one foot up
3A Bounce to forward roll (turn mat other direction)
3B Tuck and pike sit like the bears
4 Cartwheel up and down (one hand on green, other on red)
Week 3 - Floor

Grasshopper

1 Cartwheel off panel
2A Backward HS one foot on donut, one foot up, to forward roll
2B Lever
3A Split HS, feet on mini tramp, hands on
3B Tuck and pike sit
4 Backward roll

5 Beginner

1 Backward roll
2A Pike handstand walk hands on floor, feet on donut
2B Cartwheel
3A Split handstand, hands on red, feet on trampoline
3B Tuck and pike sit
4 Two forward rolls in a row