

Jumps, Leaps and Turns

1. Tucked Shape



- Take off from the bench with two feet.
- Bring your knees up to your chest to make the tuck shape in the air.
- Land on two feet with your arms forward for balance.

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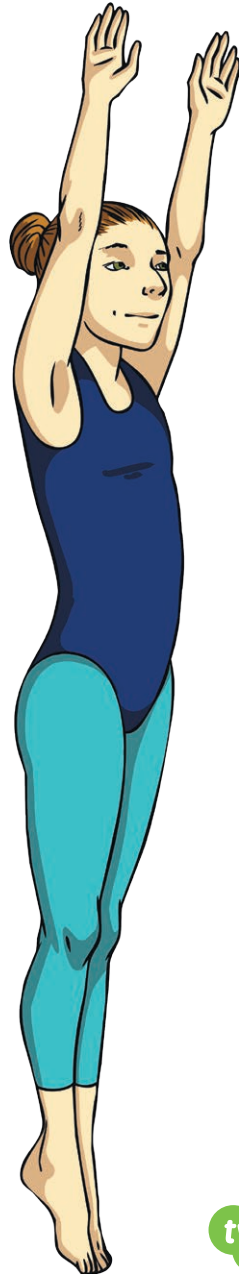
2. Star Shape



- Take off with two feet.
- Make a wide-starred shape with your arms and legs in the air.
- Extend and stretch through to your fingers and toes.
- Land on two feet with your arms forward for balance.

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3. Straight



- Take off with two feet.
- Use your arms to swing up.
- Make a stretched shape (straight arms and legs) in the air.
- Extend and stretch through to your fingers and toes.
- Toes pointed.
- Land on two feet with your arms forward for balance.

4. Half-Turn off Bench



- Take off from the bench with two feet.
- Use your arms to swing up and twist in the air.
- Make a stretched shape (straight arms and legs.)
- Extend and stretch through to your fingers and toes.
- Toes pointed.
- Land facing the bench on two feet with your arms forward for balance.

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5. Piked Shape



- Take off from the bench with two feet.
- Keep your legs straight and raise them up to your chest to make the pike shape in the air.
- Land on two feet with your arms forward for balance.

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6. Cat Leap



- Put your arms out to the side to balance you.
- Raise one knee towards the chest.
- Take off from other foot .
- Raise the other knee towards the chest.
- Keep your back straight and look up.
- Land softly (like a cat) on the other leg.
- Your arms should remain out to the side throughout the leap.