

# ROUTINE RELAY

LOG ROLL

PENCIL ROLL

FORWARD  
ROLL

COMMANDO  
ROLL

EGG ROLL

EGG BEATER

SEAT SPIN

PENCIL ROLL  
CONNECTED

ROLL OF  
CHOICE

FRONT  
SUPPORT

BACK  
SUPPORT

FRONT  
SCALE/  
AIRPLANE  
BALANCE

V-SIT

TREE STAND

1 HAND/1  
FOOT  
BALANCE

TWO FEET/1  
HAND  
BALANCE

5-POINT  
BALANCE

GROUP  
BALANCE OF  
CHOICE

BEAR WALK

CRAB WALK

GALLOP

SKIP

JUMP

HOP

LEAP

SEAL WALK

LOCOMOTOR  
MOVEMENT  
OF CHOICE