



## **FLIP IT!**

### One Star

#### **Complete 7 of the following 8 poolside skills:**

- Forward jump pike
- Forward jump tuck with armswing
- Back jump straight with armswing
- Forward spring header
- Back pike roll
- Back dive from crouch
- Inward jump straight
- Forward pike wedge

### Two Star

#### **Complete 7 of the following 8 one metre skills:**

- Forward jump straight with armswing
- Forward jump tuck with armswing
- Forward jump pike
- Back jump straight with armswing
- Back jump tuck with armswing
- Forward spring header
- Back straight fall
- Hurdle start position to forward jump straight

### Three Star

#### **Complete 5 of the following 6 higher board skills:**

- Forward jump straight with armswing (3m)
- Forward jump tuck (3m)
- Back jump straight (3m)
- Forward pike line up (3m)
- Sitting tuck roll to entry (3m)
- Forward jump straight (5m)