



FUTURE JUNIOR TEAM

Skills Progression

Skills (S) Voluntary (V) Optional (O)

Level 5

1. S) 100 Forward Jump with arm swing & hurdle (Straight, Pike or Tuck)
2. S) 200 Back Jump with arm swing (Straight, Pike or Tuck)
3. S) 5102 Forward Jump 1 Twist Straight or higher
4. V) 101 Forward Dive (Straight, Pike, Tuck or Free)
5. V) 401 Inward Dive (Straight, Pike, Tuck or Free)
6. O) 102 Forward 1 Somersault (Pike or Tuck)
7. O) 202 Back 1 Somersault (Pike or Tuck)

Bonus Dive:

301abc 5201a 5203a 5205abc 5301abc 5303abc 5305abc

Level 6

1. S) 100 Forward Jump with arm swing & hurdle (Straight, Pike or Tuck)
2. S) 200 Back Jump with arm swing (Straight, Pike or Tuck)
3. V) 101 Forward Dive (Straight, Pike, Tuck or Free)
4. V) 201 Back Dive (Straight, Pike, Tuck or Free)
5. V) 401 Inward Dive (Straight, Pike, Tuck or Free)
6. O) 102 Forward 1 Somersault (Pike or Tuck)
7. O) 202 Back 1 Somersault (Pike or Tuck)

Bonus Dive:

301abc 5102a 5201a 5203a 5205abc 5301abc 5303abc 5305abc

Level 7

1. S) 100 Forward Jump with arm swing & hurdle (Straight, Pike or Tuck)
2. V) 101 Forward Dive (Straight, Pike, Tuck or Free)
3. V) 201 Back Dive (Straight, Pike, Tuck or Free)
4. V) 401 Inward Dive (Straight, Pike, Tuck or Free)
5. O) 102 Forward 1 Somersault or higher (Pike or Tuck)
6. O) 202 Back 1 Somersault or higher (Pike or Tuck)
7. O) 402 Inward 1 Somersault or higher (Pike or Tuck)

Bonus Dive:

301abc 5102a 5201a 5203a 5205abc 5301abc 5303abc 5305abc

Level 8

1. V) 101 Forward Dive (Straight, Pike, or Tuck)
2. V) 201 Back Dive (Straight, Pike, or Tuck)
3. V) 301 Reverse Dive (Straight, Pike, or Tuck)
4. V) 401 Inward Dive (Straight, Pike, or Tuck)
5. O) 103 Forward 1 ½ Somersault or higher (Pike or Tuck)
6. O) 202 Back 1 Somersault or higher (Pike or Tuck)
7. O) 402 Inward 1 Somersault or higher (Pike or Tuck)

Bonus Dive:

203bc 302bc 303bc 403bc 5121d 5122d 5132d 5221d 5231d

After Successfully Completing Level 8 – You Graduate to the Junior Team