



Name: _____

	Beginner Boys	X	Advanced Beginner Boys	X
social skills	Listen and follows directions & waits turn		Listens, follows directions & waits turn	
	Interacts with other students		Interacts with other students	
Vault	run, straight jump off board stick landing		Run (must show excelleration)	
	standing front into pit		handstand fall to back, proper form	
High Bar	2 leg lifts		3 pull-ups	
	basic swing (tap swing)		swing hand hops	
	cast to 30 degrees		pullover no spot	
Rings	2 pull-ups		4 pull-ups	
	muscle up with assistance		L-hold 3 sec.	
	hang position		5 swings (proper hand position)	
	small swing proper technique		skin the cat to inverted hand & pike	
	skin the cat		muscle up	
Floor Exercise	forward scale		Handstand	
	press headstand on block		backward pike, straddle roll	
	cartwheel		press headstand no assistance	
	forward roll		round-off	
	backward roll		flip flop w/ spot	
Pommel horse	jump support 10 sec.		3 straddle swings	
on mushroom top	front support position		leg cuts	
on mushroom top	back support position		feint to 1/4 circle (on mushroom top)	
on mushroom top	side one arm support		back support front swings in straddle	
	walk the horse		walk the horse full circle	
Parallel Bars	hang swing		10 support swings	
	support swing		kip w/ spot	
	support hold		upper arm swing	
	L hold 3 sec.		support swing to straddle sit	
Trampoline/	straight jump w/ safety stop		jump full turn w/ safety stop	
Tumble trak	tuck jump w/ safety stop		seat drop to dog drop	
	seat drop		seat drop 1/2 turn	
date advanced & coaches initials				