



Name: \_\_\_\_\_

	Tiny Tot/Parent tot	X		Tiny tot/Parent tot	X
<b>social skills</b>	Interacts with coach & other students		<b>Floor basics</b>	Hop around on cartwheel mat	
	Is attentive			walk up wall to handstand	
	Participates in planned activity			Tuck and roll back up	
<b>Vault</b>	2 foot jump off board to stick landing		<b>Trapeze</b>	hang in tuck____, straddle____, pike____	
	hop from one foot to 2 feet onto board			hang and drop into pit	
	squat onto block, stretch jump off to stick landing				
<b>Bars</b>	Hang in tuck____, pike____, straddle____		<b>Tramp</b>	seat drop on tramp	
	Monkey walks across single rail			jump freeze	
	bring toes to the bar in straddle & pike			tuck jump	
	Front support on tot bar			open close jump	
	Chin up (peek a boo)			donkey kick	
<b>P-bars</b>	crab walk		<b>Pit</b>	1-2-3 jumps into pit	
	bear walk			pencil drop into loose foam pit	
<b>Beam</b>	walk forward across arms up		<b>Tumble trak</b>	Jump freeze	
	walk sideways across hands on hips			tuck jump	
	straight jump			open and close jump	
	bunny hops			straddle jump	
	5 sec. stork (passe) balance on one foot			donkey kick	
	straight jump dismount stick landing				
<b>Ring &amp; Pommel</b>	straight hang 5 seconds to stick landing		<b>Floor basics</b>	straight____, tuck____, straddle____,	
	tuck____,straddle____, pike hang on rings			pike____, table____, pencil drop____	
	tuck____,straddle____, pike support on pommels/mushroom			forward roll down wedge to ta da finish	
	front____, rear____ support on pommels/mushroom			donkey kick	
	one arm balance on mushroom			lunge teeter totter	
<b>date advanced &amp; coaches initials</b>					