

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

	Preschool	X	Kindergym	X
<b>social skills</b>	Is attentive		Is attentive	
	Interacts with other students and coach		Interacts with other students and coach	
	Responds to coaching tips		Responds to coaching tips	
<b>Vault</b>	hurdle step onto board with underarm lift		Run, hurdle, straight jump off, stick landing	
	squat on block, straight, tuck, straddle jump off		Kick to handstand, fall flat on 8" mat	
	run, hurdle, jump off board without stopping		Run, hurdle, straight jump on Resi or mat stack	
<b>Bars</b>	swing in tuck___, pike___, positions		Jump to straight arm front support, hold 10 seconds	
	straight hang on bar 5 seconds, drop stick landing		Hand travel across bar, 1/2 turn and return to start position	
	forward roll to chin hold position		Forward rollover bar to chin hold position	
	Walk up the wall pullover		Kick pullover	
	jump to straight arm front support, cast off & stick		Straight cast and return to bar	
	chin up and hold 5 sec.		Front support, extend, fall forward to land on block in back of bar	
<b>P-bars</b>	bear walk		Hold front support __Tuck support__Pike support__ 5 seconds	
	crab walk		Straight controlled swing to straddle support__ Straddle travel__	
<b>Trapeze</b>	hang in tuck___, straddle___, pike___		Three consecutive swings in tuck__pike__ straddle__	
	hang and drop into pit		Swing and controlled drop into pit	
<b>Beam</b>	walk forward and backward arms in crown		Releve walks forward__sideways__ backwards__	
	walk sideways arms in side-middle		Coupe walks flat__ releve__	
	straight jump and land on beam		Step to lock position ,pivot turn	
	tuck jump land on beam		Split jump land in jump landing position	
	5 second T position (on each foot)		T position hold and return to straight stand	
	straight___, tuck___, & straddle___ jump dismount stick landing		Straight__tuck__straddle__ jump dismount, stick, and finish	
<b>Rings</b>	straight hang 5 sec. to stick dismount		Pullup hold__pike hold__tuck hold__inverted pike hold__	
	connected tuck, straddle, pike positions		3 straight swings with turnout of rings	
<b>Pommel</b>	Jump to support on pommels, shoot thru to pike		Jump to support on pommels hold shoot thru to rear support	
	tick tock swings on pommels		5 side kicks each leg__ circle walk on mushroom__	
<b>Floor</b>	straight, tuck, straddle, pike, hollow, arch, table, pencil drop		Straight, tuck, straddle, pike, hollow, arch, table, pencil drop	
	forward roll		Forward roll__Backward roll__ on the floor	
	backward roll down wedge		Straight arm backward roll down wedge land in pushup position	
	lunge handstand on wall, fingertips to wall		Lunge teeter-totter to 3/4 handstand, step down to lunge	
	side cartwheel R___, L___		Cartwheel R__L__, Roundoff__, Step hurdle roundoff__	
	backward arch over barrel pullover straight arms land on feet		Barrel roll backhandspring	
<b>Tramp/tumble trak</b>	Jump & freeze		Jump and Freeze	
<b>pit</b>	Trampoline combination jumps tuck, straddle, straight			
	jump 1/2 turn on tramp		Jump full turn on tramp	
	straight jumps backwards on Tumble trak		Zig-zag jumps forward__ backward__ on tumble track	
	donkey kick snap down			
	nice piked seat drop to stand			
	pencil drop onto landing mat hold 3 sec.			
	pencil drop___, jump back___ into pit			
	watermelon roll into pit			
<b>date advanced &amp; coaches initials</b>				