

# BOYS REC 1 & REC 2 PROGRESSIONS (EVALUATION FORM) NAME: [ \_\_\_\_\_ ]

	BEGINNER	NOVICE	INTERMEDIATE	ADVANCED	SUPERIOR	COMMENTS
<b>FLOOR FX 1, FX 2, FX 5, FX 6 &amp; FX 7</b>						
1	Front Roll down wedge	Front Roll On floor	Back Roll down wedge	Back Roll On floor	Dive Roll over Foam Block	
2	Handstand Wall stomach	Handstand Wall back	Handstand 1 sec	Handstand 5 sec	Handstand Roll	
3					Handstand Bridge	
4					Handstand Pirouette	
5	Cartwheel With mat	Beginner Cartwheel FX	Correct Cartwheel FX	1 Arm Cartwheel	Round off	
6	Bridge with help	Bridge 1 sec	Bridge 5 sec	Back bend, Kick over Barrel	Back Handspring Over Barrel	
<b>POMMEL HORSE/ MUSHROOM</b>						
1	Mushroom walk/ hop around	Mushroom ¼ Circle	Mushroom ½ Circle	Mushroom ¾ Circle	Mushroom Full Circle	
2	Support Hold 3 sec	Front Support Hold 3 sec	Straddle Swing	Leg Cuts	Single Leg swings	
3		Travel across No pommels	Travel to & Fro No Pommels	Around the World	Around the World & Back	
<b>RINGS</b>						
1	Hanging "L" Hold	Inverted Hang	Skin the Cat	Skin the Cat, Pull back over	Back Lever	
2	½ Chin Up	1 Chin Up	3 Chin Ups	Muscle Up with help	Muscle Up with help 2 sec	
3	1 Swing	3 Swings	5 Swings	Swing Back Tuck w/ help	Swing Back Flip	
<b>VAULT VT 1 (RESI), VT 2 (PIT)</b>						
V 1	Run Fast	Run Hurdle Bounce	Run Bounce Tuck Jump	Run Bounce Straight jump	Run Bounce Handstand w/ help	
V 2	Jump in pit land on feet	Straight & Tuck Jump in pit	Straddle, Pike, in pit	Back Fall in pit Straight Body	Handstand over w/ help	Front Flip in pit
<b>PARALLEL BARS RED BOX 1 &amp; 2, WOODEN RAILS 3</b>						
1	Support Hold 3 sec	1 Swing Straddle Stop	3 Swings Straddle Stop	5 Swings Straddle Stop	Swing Handstand with 25% help	
2		¼ Dip	½ Dip	1 Dip	3 Dips	
3	Under arm swing	1 Under arm swing Str. Stop	2 Under arm swings Str. Stop	3 Under arm swings Str. Stop	Back Uprise with 25% help	
4	1 Hanging Swing	3 Hanging Swings	Jump Glide	Jump Glide Pike Basket Swing	Jump Glide Kip w/ help	
<b>HIGH BAR BS 1, BS 2, BS 3</b>						
1	¼ Chin up	½ Chin Up	1 Chin up	3 Chin ups	Pull over	
2	Cast	Cast hips off bar	Cast Horizontal Land on feet	Cast B.Hip Circle With help	Cast Back hip circle	
3	Swing	Swing re-grip	Swing hop hands	Swing ½ turns	Swing Kip with spot	
4	Lift legs to "L" hold	Pull feet to bar Bent Knees	Skin the cat	Skin the cat & pull back	Pike Basket swings	
<b>TUMBLE TRACK</b>						
1	Bounce with control	Tuck & Straddle Bounces	Pike & Twist Bounces	Front Flip Resi w/ help	Front Flip on to Resi	
2	Run Fast VAULT DRILLS	Run Hurdle Bounce	Run Bounce Handst w/help	Run Hurdle Bounder w/help	Run Hurdle Bounder	(Use Trapezoid)
<b>TRAMP</b>						
1	Bounce with control	Tuck & Straddle Bounces	Pike & Twist Bounces	Front Flip Mat w/ help PB landing	Front Flip on to Mat PB landn	
2	Sitting Bounces	Seat Drops	Swivel Hip	Seat Drop, Knee, Handstand	Seat Drop, Knee, Front Flip	