

GIRLS REC 1, REC 1 INT & REC 2 PROGRESSIONS (EVALUATION FORM) NAME: [_____]

	BEGINNER	NOVICE	INTERMEDIATE	ADVANCED	SUPERIOR	COMMENTS
FLOOR						
1	Front Roll down wedge	Front Roll On floor	Back Roll down wedge	Back Roll On floor	Dive Roll over Foam Block	
2	Handst. Wall stomach	Handst. 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	Round off	Round off Rebound	
6	Bridge with help	Bridge 1 sec	Bridge 5 sec	Back bend, Kick over w/ help	Back Handsp With help	
7	Pike,Pancake, Split	Hold each 5 sec	Flexibility Positions 50%	Flexibility Positions 75%	Flexibility Positions 90+%	
BAR						
1	¼ Chin up	½ Chin Up	1 Chin up	3 Chin ups	Pull over High Bar	
2	Cast	Cast hips off bar	Cast Horizontal	Cast B.Hip C With help	Cast Back hip circle	
3		Cast Squat on w/ help	Cast 1 Leg through	1 Leg sole C with help	1 Leg sole Circle	
4	Swing	Swing re-grip	Swing hop hands	Swing ½ turns	Swing Kip with spot	
5	Lift legs to "L" hold	Pull feet to bar	Skin the cat	Skin the cat & pull back	Basket swings	
VAULT						
1	Run Fast	Run Hurdle Bounce	Run Bounce Tuck Jump	Run Bounce Straight jump	Run Bounce HS w/help	
2	Jump in pit land on feet	Tuck Jump in pit	Strad, Pike, Twist in pit	Handst arch over w/help	Front Flip in pit	
BEAM						
1	Walk across Beam	Tippy Toes Walk	Hops	Jumps	Tuck Jump	
2	Tippy Toes Turn	¼ Turn 1 Foot	½ Turn 1 Foot	¾ Turn 1 Foot	Full Turn 1 Foot	
3	Donkey Kick	1 Step Little Handstand	Handst. Hold with help	Handstand 1 sec	CartwhlHandst With help	
4	1 Leg Swing	1 Leg Swing 6" Leap	1 Leg Swing 1 Ft. Leap	1 Leg Swing 2 Ft. Leap	1 Step High Leap	
5	1 Foot Balance	1 Foot "L" Balance	1 Foot Back Scale	45* Scale	Horizontal Scale	
TUMBLE TRACK						
1	Bounce with control	Tuck& Straddle Bounces	Pike& Twist Bounces	Front Flip Resi w/ help	Front Flip on to Resi	
2	Run Fast	Run Hurdle Bounce	Run Bounce Handst w/help	Run Hurdle Bouncer w/help	Run Hurdle Bouncer	(Use Trapezoid)
TRAMP						
1	Bounce with control	Tuck& Straddle Bounces	Pike& Twist Bounces	Front Flip Mat w/ help	Front Flip on to Mat	
2	Sitting Bounces	Seat Drop	Swivel Hips	Seat Drop, Knee Bounce, HS	Seat Drop, Knee Bounce, Flip	