

**GIRLS REC 3-5 & POWER PAWS PROGRESSIONS (EVALUATION FORM) NAME: [ \_\_\_\_\_ ]**

	<b>REC 3</b>	<b>REC 3+</b>	<b>REC 4</b>	<b>REC 4+</b>	<b>REC 5</b>	<b>POWER PAWS</b>
<b>FLOOR</b>						
1	Dive Roll over wedge	Front Flip In pit	Spring Board Front Flip	Front Flip On floor	Front Pike	Front Twist
2	Walking Handstand	Walk HS backwards	Walk HS Sideways	Hop Handstand	Double Hop Handstand	Tripple Hop Handstand
3	F. Walkover off mats	F. Walkover on floor	Handspring Stepout	Handspring Rebound	Handspring Bounder	Handspring Front Tuck
4	Handstand ¼ Pirouette	Handstand ½ Pirouette	Handstand Full Pirouette	Handstand 1 ½ Pirouette	HS Double Pirouette	HS Tripple Pirouette
5	1 Arm Cartwheel	Blocking Cartwheel	Dive Cartwheel	Ariel in pit	Ariel with Spring Board	Ariel on floor
6	B. Handspring down wedge	B. Handspring TT & TR	RO. B. Hspr. With spot	RO. B. Hspr. On TT	RO. B. Hspr. Rebound	<b>RO. B. Hspr. Back Flip</b>
7	“L” Hold 5-10 sec	Straddle Press Headstand	Straddle “L” Hold 5-10 sec	<b>Press Handstand</b>	Straddle “L” Press to stand	Straddle “L” Press HS
<b>BARS</b>						
1	<b>Pull Over on Low Bar</b>	3 Chin ups	<b>5 Chin ups</b>	10 Chin ups	<b>Pull Over on High Bar</b>	High Bar Pull Over, Cast Bhc
2	Cast B. Hip Circle	Cast B. Hip Circle, UnderS	Cast Straddle Feet on bar	Cast Straddle Jump feet off	Cast Straddle Jump HS	Cast Straddle Handstand
3	1 Leg Sole Circle w/ spot	1 Leg Sole Circle	1 Leg Drop Kip	Glide Kip with spot	Glide Kip	<b>Glide Kip, Cast</b>
4	5 Swings with hop	5 swings ½ turn	Swing Flip Timers	Swing Flip with spot	Swing Flip	Cast, Swing Flip
5	Skin the Cat	Skin the Cat, Pull back over	Skin the Cat, 1 hand spin overG	Other Hand in over grip	1 Hand under grip	Other Hand in under grip
<b>VAULT</b>						
1	Mini Tramp Straight Jump	Mini Tramp Handstand	Spring Board Straight Jump	<b>Spring Board Handstand</b>	<b>Front Handspring</b>	Mini Tramp HSpr Front pit
2	Standing HSpr. in pit	Front Tuck in pit	Front Pike in pit	Front Tuck ½ in pit	Front Pike ½ in pit	Front Full in pit
<b>BEAM</b>						
1	Jumps	Tuck Jumps	Tuck Jump ¼ Turn	Tuck Jump ½ Turn	Tuck Jump ¾ Turn	Tuck Jump Full Turn
2	½ Turn on 1 Foot	Full Turn on 1 Foot			1 ½ Turn on 1 Foot	Double Turn on 1 Foot
3	Handstand with spot	Handstand no spot	Cartwheel with spot	<b>Cartwheel no spot</b>	<b>B. Walkover w/spot</b>	<b>B. Walkover no spot</b>
4	1 ft long Leap	2 ft Long Leap	3 ft Long Leap	High Leap, Arabesque	Switch Leap low beam	Switch Leap high beam
5	Handstand side dismount	Side HS dismount	<b>Side HS Turn over dismount</b>	Round Off Dismount	Front Flip with spot	Front Flip no spot
<b>TUMBLE TRACK</b>						
1	F. Handspring with spot	F. Handspring no spot	Front Tuck	Front Pike	Front ½ Twist	Front Full Twist
2	B. Handspring with spot	B. Handspring no spot	RO. Back Handspring	B. Handspring Rebound	<b>B. Hspr Back Tuck</b>	B. Handspring Back Layout
<b>TRAMP</b>						
1	<b>Seat Drop, Knee, HS</b>	Seat Drop, Knee, Front Flip	Front Tuck	Front Pike	Front ½ Twist	Front Full Twist
2	B. Handspring with spot	B. Handspring no spot	Back Tuck	Back Pike	Back Layout	<b>Back Layout Twist</b>