

## Jr. Gymnastics L 1

Congratulations on your progress! Listed are a few key skills being taught.

Name:	Perfected	Working on Technique	I Can Do It With a Spot
<b>Floor</b>	*	*	*
1. Handstand (3 seconds)			
2. One-handed cartwheel			
3. Cartwheel step-in			
4. Backward Roll			
5. Backbend (20 seconds)			
6. Backbend kick over			
7. Tuck jump, straddle jump (connected)			
<b>Bars</b>	*	*	*
1. Chin Holds for 10 seconds			
2. Cast (to 45 degree)			
3. Back hip circle			
4. Re-grip swings			
5. Cast/cast push away			
6. Pullover			
<b>Beam</b>	*	*	*
1. Releve' walks			
2. Chasse			
3. Handstand			
4. Tuck Jump			
5. Arabesque (3 seconds)			
6. Cartwheel dismount			
<b>Vault</b>	*	*	*
1. Strong run (30 ft.)			
2. Run, 1 setp 2 foot bounce on board			
3. Front handspring to back			

My attitude/work ethic in class is: Follows instructions    Great Listener    Willing to try  
 Focused/Determined    Cautious/Hesitant    Leader    Friendly

The thing I need to work on most is: \_\_\_\_\_



## Jr. Gymnastics L2

Congratulations on your progress! Listed are a few key skills being taught.

Name	Perfected	Working on Technique	I Can Do It With a Spot
<b>Floor</b>	*	*	*
1. Handstand (3 seconds)			
2. One-Handed Cartwheel			
3. Cartwheel Step-In			
4. Backward Roll			
5. Backbend (20 seconds)			
6. Backbend Kick Over			
7. Tuck Jump, Straddle Jump (connected)			
<b>Bars</b>	*	*	*
1. Chin Hold (10 seconds)			
2. Cast (to 45 )			
3. Back Hip Circle			
4. Re-grip Swings			
5. Cast/Cast Push Away			
6. Pullover			
<b>Beam</b>	*	*	*
1. Releve Walks			
2. Chasse			
3. Handstand			
4. Tuck Jump			
5. Arabesque (3 seconds)			
6. Cartwheel Dismount			
<b>Vault</b>	*	*	*
1. Strong Run (30 ft.)			
2. Run, 1 step 2 foot bounce on board			
3. Front Handspring to Back			

**My attitude/work ethic in class is:** Follows Instruction      Great Listener

Willing to Try      Focused/Determined      Cautious/Hesitant      Inattentive

Easily Distracted

**The thing I need to work on most is:** \_\_\_\_\_

