

Day _____ Time _____

Skills should be passed once a student has mastered it, including knowing the name of the skill.

4x4 Level A <i>Introductory - Age 6+</i>							
VAULT							
1. Run, hurdle off 1 foot, land 2 feet on springboard, straight jump to STICK on 8" mat							
2. DIVE ROLL to 8" mat from floor, stand with no hands							
3. JUMP off hip high mat, stick, finish							
BARS							
4. FRONT SUPPORT , straight arms, short shoulders							
5. 2 CASTS , straight arms, legs together							
6. Spotted PULLOVER , finish in front support, fingers forward							
7. Forward roll DISMOUNT , land on feet							
8. Hang on high bar, show ARCH position, show HOLLOW							
MUSHROOM							
9. ½ CIRCLE , hips up, finish							
10. Walk around, show POSITIONS							
11. side CHASES to dot							
FLOOR							
12. FORWARD ROLL to stand							
13. BACKWARDS ROLL down hill, land on feet							
14. Bridge , head off ground (bent arms are ok)							
15. Lunge, lever hop, land in lunge							
16. Lunge, kick around CARTWHEEL concept, land in lunge							
17. KNOW : tuck, straddle, pike, tight body layout, lunge, finish							
18. HOLLOW & ARCH position							
TRAMPOLINE & TUMBLE TRACK							
19. STRAIGHT jumps, arms by ears							
20. TUCK jumps, hands should touch shins							
21. STRADDLE jumps, spread eagle							
22. SEAT DROP , hands on trampoline, stand up							
23. Jump, FREEZE (stop bounce)							
24. BACKWARDS jumps on tumble track							
Total:	/48	/48	/48	/48	/48	/48	/48

Total points after testing. Must have at least 43 points and no more than 3 **X**'s total.

✓: mastered 2pts

✓—: almost 1pts

X: not quite 0pts