

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

| <b>Level A</b><br><i>Introductory - Age 6 &amp; up</i>   |     |     |     |     |     |     |
|--|-----|-----|-----|-----|-----|-----|
| <b>VAULT</b>   |     |     |     |     |     |     |
| 1. Run, hurdle off of 1 foot, land 2 feet on springboard, straight jump to <b>STICK</b> on 8" mat                    |     |     |     |     |     |     |
| 2. Stand on springboard, hands stay on vault, 3 jumps on board to <b>SQUAT</b> on, land with feet and knees together |     |     |     |     |     |     |
| 3. <b>JUMP</b> off hip high mat, stick, finish   |     |     |     |     |     |     |
| <b>BARS</b>  |     |     |     |     |     |     |
| 4. <b>FRONT SUPPORT</b> , straight arms, short shoulders   |     |     |     |     |     |     |
| 5. <b>2 CASTS</b> , straight arms, legs together   |     |     |     |     |     |     |
| 6. Spotted <b>PULLOVER</b> , finish in front support, fingers forward  |     |     |     |     |     |     |
| 7. <b>MONKEY UP</b> on floor bar, stand up, jump off arms by ears  |     |     |     |     |     |     |
| 8. Hang & swing on raised bar, let go <b>BEHIND</b> bar, land on feet  |     |     |     |     |     |     |
| 9. Hang on high bar, show <b>ARCH</b> position, show <b>HOLLOW</b>   |     |     |     |     |     |     |
| <b>BEAM</b>  |     |     |     |     |     |     |
| 10. <b>CRAWL</b> on beam   |     |     |     |     |     |     |
| 11. <b>BACKWARDS WALK</b>  |     |     |     |     |     |     |
| 12. Bunny <b>HOPS</b>  |     |     |     |     |     |     |
| 13. Pivot turn   |     |     |     |     |     |     |
| 14. Lunge, <b>lever to T</b> , lunge   |     |     |     |     |     |     |
| 15. <b>FLAMINGO</b> hold for 3 seconds, hands on hips  |     |     |     |     |     |     |
| 16. Tuck jump <b>DISMOUNT</b> off beam, stick, finish  |     |     |     |     |     |     |
| <b>FLOOR</b>   |     |     |     |     |     |     |
| 17. <b>FORWARD ROLL</b> to stand   |     |     |     |     |     |     |
| 18. <b>BACKWARDS ROLL</b> down hill, land on feet  |     |     |     |     |     |     |
| 19. <b>Bridge</b> , head off ground (bent arms are ok)   |     |     |     |     |     |     |
| 20. Lunge, lever hop, land in lunge  |     |     |     |     |     |     |
| 21. Lunge, kick around <b>CARTWHEEL</b> concept, land in lunge   |     |     |     |     |     |     |
| 22. <b>KNOW</b> : tuck, straddle, pike, tight body layout, lunge, finish   |     |     |     |     |     |     |
| 23. Chasse, chasse   |     |     |     |     |     |     |
| 24. Split leap concept. stand with 1 leg in the air, jump onto front leg, land with back leg up                      |     |     |     |     |     |     |
| <b>TRAMPOLINE &amp; TUMBLE TRACK</b>   |     |     |     |     |     |     |
| 25. <b>STRAIGHT</b> jumps, arms by ears  |     |     |     |     |     |     |
| 26. <b>TUCK</b> jumps, hands should touch shins  |     |     |     |     |     |     |
| 27. <b>STRADDLE</b> jumps, spread eagle  |     |     |     |     |     |     |
| 28. <b>SEAT DROP</b> , hands on trampoline, stand up   |     |     |     |     |     |     |
| 29. Jump, <b>FREEZE</b> (stop bounce)  |     |     |     |     |     |     |
| 30. <b>BACKWARDS</b> jumps on tumble track   |     |     |     |     |     |     |
| <b>Total:</b>  | /60 | /60 | /60 | /60 | /60 | /60 |

Total points after testing. Must have at least 53 points and no more than 3 **X**'s total.

✓: mastered 2pts

✓—: almost 1pts

**X**: not quite 0pts