

Day _____ Time _____

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

Level C <i>Intermediate - Age 6 & up</i>								
VAULT								
1. Run, jump, DIVE ROLL , stand up with no hands								
2. Run, arm circle, STRAIGHT JUMP onto vault mat								
3. Kick to handstand, fall to FLAT BACK on 8" mat								
BARS								
4. 3 CASTS hollow body, 45*								
5. PULLOVER								
6. BACK HIP CIRCLE								
7. SHOOTING STAR -jump from block								
8. GLIDE SWING , feet together, legs straight								
9. MONKEY UP on hip high bar, jump off								
10. SQUAT ON floor bar, stand up								
11. 3 TAP SWINGS								
BEAM								
12. TURN PREP , step forward and finish								
13. TUCK JUMP on beam, pointed toes								
14. Lunge, lever, hop , lever, lunge								
15. Step, step, LEAP , step forward and finish								
16. $\frac{3}{4}$ HANDSTAND on low beam								
17. CARTWHEEL on floor beam								
18. Side handstand DISMOUNT								
FLOOR								
19. BACKWARDS ROLL on floor, land on feet								
20. BRIDGE KICK OVER down cheese								
21. BACK BEND up cheese								
22. HANDSTAND to bridge								
23. Lunge, HANDSTAND , lunge								
24. CARTWHEEL , CARTWHEEL connected								
25. Run, hurdle, ROUND OFF REBOUND								
26. Chasse' , step leap , step forward and finish								
27. Tuck jump, Split jump								
28. HALF TURN , step forward and finish								
TRAMPOLINE & TUMBLE TRACK								
29. Seat drop half turn to seat drop								
30. Run, hurdle, round off 3 jumps backwards								
Total:	/60	/60	/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