



## Beginner Girls Skills List

Beginner Vault Skills & Physical Abilities	Beginner Girls Bar Skills
10 straight body bounces in a row with hands on hips	<b>Jump to front support</b>
Running with Knees up & Kicking behind	3 Casts - Hip off of the bar
<b>Squat on to feet</b>	<b>Walk feet up the wall to Pullover without turning hands backwards</b>
Straddle on	Kick or Jumping Pullover off of the floor
<b>Run Hurdle Straight Jump</b>	Tuck hang for 10 with foam block on lap
<b>10 Sit Ups</b>	Monkey Walks across the bar
5 Push ups	Candlestick Hold for on the floor
<b>Walk feet up wall and hold handstand for 20</b>	<b>Forward Roll Dismount with hands forward</b>
<b>Can and is willing to follow instructions</b>	Chin Hang for 5 seconds

Beginner Girls Beam Skills	Beginner Girls Floor Skills
<b>Jump to front support on High Beam</b>	<b>Forward Roll to Stand - hands only touching the floor once</b>
<b>Releve Walks on Low Beam</b>	<b>Backwards Roll on the floor with proper hand placement and landing on feet</b>
<b>Backwards walks on flat foot on low beam</b>	<b>Straight Leg Cartwheel</b>
<b>Straight Jump Dismount off of the beam to a stick position</b>	Kick up to Handstand with back against the wall
Proper Mount on High Beam	<b>10 second bridge hold</b>
V-Sit Hold for 10 seconds on low beam	Candlestick Holding back
Knee Scale Hold for 10 seconds on low beam	<b>Knows Body Positions: Tuck, Pike, Straddle, Straight Body, Stick &amp; Stretch</b>
Cartwheel on a line	<b>Tuck Jump, Straddle Jump, Straight Jump</b>
<b>Straight Jumps across the blue beam with feet together</b>	<b>Backwards Roll Down the wedge with proper hand placement and landing on feet</b>



## Advanced Beginner Girls Skills List

Advanced Beginner Vault Skills/Physical Abilities	Advanced Beginner Girls Bar Skills
5 Push ups	3 Casts to Back Hip Circle
Running with Knees up & Kicking behind	<b>3 Casts - Hip off of the bar</b>
<b>Run to Squat on to feet</b>	Pike Hang for 10 seconds
Run to Straddle on	<b>Kick or Jumping Pullover off of the floor</b>
Run Hurdle Straight Jump with Arm Circle	Hollow Hold on a Floor Bar
<b>20 Sit Ups</b>	<b>10 second Chin Hang</b>
3 Bounces to a Handstand with a heavy spot	Stride Hold WITH A SPOT
<b>Kick up to handstand for 10 against wall</b>	5 Casts - Hip off of the bar

Advanced Beginner Girls Beam Skills	Advanced Beginner Girls Floor Skills
<b>Cartwheel on Blue Beam with Mats Stacked</b>	<b>Handstand without a spot</b>
<b>Releve Walks on High Beam - there must be an 8 inch mat UNDER THE BEAM</b>	<b>BackBend <i>UpHill</i> on Incline - start standing on the floor</b>
<b>Passe Walks on High Beam - there must be an 8 inch mat UNDER THE BEAM</b>	<b>1 Arm Cartwheel</b>
Skipping on Low Beam	Backwards Roll to Pike Stand on the floor
Arabesque Hold FOR 5	<b>Step Hurdle Cartwheel</b>
<b>Overall Confidence, Balance, comfort and coordination</b>	Candlestick with arms down
Straddle Jump Dismount off the High Beam to Stick Position - there must be an 8 inch mat to land on	<b>Kickover Down Incline</b>



## Intermediate/Advanced Girls Skills List

Intermediate Vault Skills/Physical Abilities	Intermediate Bar Skills
10 straight body bounces in a row with hands on hips	<b>3 Casts to Back Hip Circle</b>
Running with Knees up & Kicking behind	<b>Pullover with Feet together</b>
<b>3 Bounces to a Handstand fall flat back</b>	Glide swings
Run jump to handstand flat back with spot	<b>Kick or Jumping Pullover off of the floor</b>
<b>Run Hurdle Straight Jump with Arm Circle</b>	1 Cast to a STRAIGHT ARM BACK HIP CIRCLE
<b>30 Sit Ups</b>	3 CHIN UPS OR PULL UPS
Kick up to handstand fall flat back on mat	Stride Hold for 10 seconds
<b>10 second handstand hold with nose against wall</b>	Candlestick Hold ON the bar

Intermediate Beam Skills	Intermediate Floor Skills
<b>Cartwheel to Handstand Dismount on low beam</b>	<b>Both Sides Cartwheel (R/L)</b>
<b>Cartwheel on Blue Beam without panel mats</b>	<b>BackBend on a SOFT flat surface</b>
<b>Pivot Turn</b>	<b>Kickover off of a closed panel mat</b>
1/2 Turn in Passe	Kickover on a flat surface
Handstand on a Low Beam	<b>Controlled Handstand</b>
Split Jump on a low beam	Backwards Roll to Handstand
Arabesque and Scale	<b>Step Hurdle Round Off</b>
Straight Jump on High Beam	Handstand Forward Roll
T - Hold for 10 seconds	Handstand to Bridge
Cartwheel to Handstand Dismount on low beam	Back handspring drill with pac man & 8 inch mat - with assistance
	Back Bend Stand up on wedge