

COACH CAROLINE'S GYMNASTICS

Beginner Skills Evaluation

Child's Name: _____

FLOOR SKILLS	Completed
Straddle Forward Roll Straddle Stand	
Lunge Roll - come up on one foot	
Backward Roll to Pike Stand	
Tuck up Headstand	
Straddle up Headstand	
Pike up Headstand	
Full Handstand	
Push to Backbend Leg Raise	
Handstand Forward Roll	
Round-Off off Panel Mat	
Kick-over Down Wedge	

AIR TRAK/MINI TRAMPOLINE	Completed
Straddle Toe Touch	
Pike Jumps	
Round Off	
Handstand	
Dive Roll down Wedge	
Front Handspring over Barrell	

VAULT SKILLS	Completed
Handstand Flat Back	
Dive Forward Roll onto Mat	
Squat Through	
Straddle Over	
Side Vault	

BEAM SKILLS	Completed
Tuck Sit to Stand	
Arabesque (2 sec)	
Releve' Hold (2 sec)	
Tuck Jump	
Forward/Sidewards/Backwards Releve'	
Pivot Turn	
Squat Turn	
3/4 Handstand Low Beam	
Side Handstand Low Beam	

BAR SKILLS	Completed
Pull-over	
Back Hip Circle with Spot	
Swinging Wrist Switch	
Monkey Flip & Come Back Through	
2 Chin-ups	
2 Pull-ups	
1 Leg Lift	
3 Hollow Body Casts	