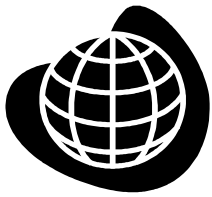


Gymnastics Worksheet

Girls Level I Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--

F Forward Roll L Backward Roll O Cartwheel O Kneeling Backbend R Handstand Headstand	Tuck & Straddle								
	Tuck & Straddle								
	Lunge to Lunge								

B Jump to support A Cast R Forward Roll S Knee swing up Kickover 5 swings with regrip 3 straddle leg lifts 5 sec flex tuck hang									
	Hips off bar								

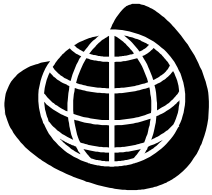
B Front support mount E Walk in releve' A M Step Kicks Releve Turn Stretch Jump Grand Plie Steps Arabesque Forward Roll Stretch Jump	Forward								
	Backward								
	Sideways								
	Horizontal								
	Right								
	Left								
	45 degrees								
	Dismount								

V Hit Board A U L Running T Hurdle with Arm Circle Straddle on Tuck On	Stretch jump								
	Tuck jump								
	Straddle jump								
	Knees Up								
	Knees Low								
	Arm Swings								

Gymnastics Worksheet

Girls Level II Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Handstand L O Backward Roll O R Cartwheel Round Off Back Bend Splits	1 Sec Hold																				
	Straddle Up																				
	Pike																				
	Straight Arm																				
	Lunge to Lunge																				
	Hurdle																				
	Spotting OK																				
	120 degrees																				

B Back Hip Circle A Sole Circle Dismount R Underswing Dismount S Piked Glide Swing Straight Body Lift to Support Swing 1/2 Turn 3 Leg Lifts 1 Chin Up																					

B 1/2 Passe Turn E Tuck Jump A Skipping M Side Releve Turns Lunge to Lunge Cartwheel Hndst Straddle Dwn Cartwheel Low Beam Round Off Dismount																					

V Straddle Over A Tuck Over U Handstand Straight Body Fall L Handstand Fall over Barrel T Handstand Arch to Stand Dive Roll onto Stacked Mats Jump off Block to Stick																					

Gymnastics Worksheet

Girls Level III Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--

F Handstand 3 Sec Hold L 1/2 Pirouette O Forward Roll O Backward Roll Extension R Round Off Far Arm Cartwheel Tick Tock Back Walkover Front Limber										

B Pullover from Hang A Single Leg Shoot Through R Glide Single Leg Shoot S Glide Kip With Spot Squat On 5 Leg Lifts 3 Chin Ups										

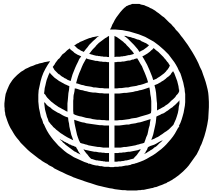
B Leg Swings in Releve E Split Leap 120 degrees A "V" Sit & Swing to Squat Stand M Coupe Walks Straight Lever Squat Turns Cartwheel Lunge to Lunge Kick to Handstand Squat on with Hands										

V Jump over Horse to Handstand A Supergirl Drill U Handstand Bounce on Board L Jump to Handstand Fall Flat T										

Gymnastics Worksheet

Girls Level IV Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Stalder Roll to Handstand L Backward Roll Straight Arm O Extension HS O Dive Cartwheel R Aerial Front Walkover Front Handspring Back Handspring																			

B Glide Kip A Clear Hip R Tap Swing to pullover S Front Hip Circle Underswing Flyaway																			

B Side Handstand 1/4 Pirouette E Back Walkover A Squat on without Hands M Split Leap 90 degrees Scale 120 degrees																			

V Handspring A Jump 1/2 Turn to Handstand U L T																			

Gymnastics Worksheet

Boys Level I Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--

FORWARD ROLL	Forward Roll	Tuck									
	Backward Roll	Tuck									
	Cartwheel										
	Handstand	Lunge to Lunge									

Pommel Mushroom	Without	Walk Around									
	Pommels	Straddle Walk									
	Mushroom	Circle around									

RING POSITIONS	Positions	Flex									
		"L"									
		Skin the Cat									
	Skin the Cat	Drop dismount									

VARIABLE	Hit Board	Stretch jump									
		Tuck jump									
		Straddle jump									
	Jump to Block	Stretch off									
		Tuck off									
		Straddle off									
	Hurdle with Arm Circle										
	Straddle On										
Tuck On											

PBAR	Straddle walks										
	Support & swing										
	Rear Dismount										
	"L"	3 seconds									

SUPPORT	Jump to support										
	Cast	Hips off bar									
	Forward Roll										
	Knee swing up										
	Kickover										
	5 swings with regrip										
	3 straddle leg lifts										
	5 sec flex tuck hang										

Gymnastics Worksheet

Boys Level II Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

FORWARD ROLL	Forward Roll	Straddle																		
		Backward Roll	Straddle																	
			Pike																	
		Cartwheel	Both Sides																	
		Handstand	Hold 1 sec																	
	Headstand																			

Pommel	With	Walk Around																		
		Mushroom	Circle around																	

RING	3 swings																			
	Inverted Hang																			
	Skin the Cat Pull up																			
	Support																			

Vault	Straddle Over																			
	Tuck Over																			
	Dive Roll onto Stacked Mats																			
	Handstand Fall																			

Pommel	Support Walk																			
	Support & swing	Horizontal																		
	Rear Dismount	Horizontal																		
	Long Hang Swing																			

S	Tap Swing																			
	Swing 1/2 turn																			
	Back Hip circle																			
	Underswing Dismount																			
	3 chin ups	OG & UG																		
	5 Leg Lifts																			

Gymnastics Worksheet

Boys Level III Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Handstand Forward Roll L O Backward Roll Pike O Straight Arms R Cartwheel Lunge to Lunge Handstand Hold 2 Sec Headstand Hold 5 Sec																			

P Single Leg Travels H Leg Cuts Mushroom Circle around																			

R 3 swings 45 degrees I Inverted Hang Hold 3 Sec N Muscle Up with Spot G Support with Straight Arms S																			

V Straddle Over Pre - Flight A Tuck Over Pre - Flight U Stretched Dive Roll L Handstand Arch over Barrel T																			

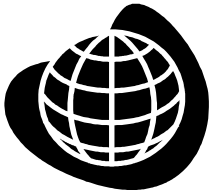
P- Support Walk Backward B Support & Swing Above Horz A Rear Dismount Above Horz R Long Hang Back Uprise S																			

B Tap Swing Horizontal B Swing 1/2 turn Horizontal A Free Hip Circle R Swing to Pullover S Sole Circle Dismount 5 Chin Ups OG & UG 10 Leg Lifts																			

Gymnastics Worksheet

Boys Level IV Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Handstand Forward Roll L Backward Roll Straight Arm O Extension O Round Off R Handstand Pirouette Front Handspring Back Handspring																			

P False Scissors H 1/2 Loop over Horse Mushroom Circle																			

R 5 swings Horizontal I Dislocate N Inlocate G Straddle Dismount S Support "L"																			

V Jump to Handstand A U Handspring L T																			

P Swing to Handstand B Pirouette on Low Bars A Glide Swing R Moy to Upper Arm S																			

S Kip B Flyaway A Undergrip Cast over Bar R Overgrip Cast to 1/2 Turn S Seat Circle Forward Backward																			

Gymnastics Worksheet

NewStars Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Forward Roll Down Ramp L Sideways Roll O Bounce on two feet O Bounce on one foot R Gallop Positions Tuck Pike Straddle Stretch																			

B Forward Roll over Bar A Swing and Drop Off R Touch Toes to Bar S Skin the Cat																			

B Walk Forward E with assistance Backward A Sideward M Jump Off Land on Feet																			

V Bounce on Boards A Jump onto Block U L T																			

G Concepts Personal Space R Turn Taking O Verbal Communication S Throw Ball with 1 Hand S Throw Ball with 2 Hands Drop Ball M Catch Ball O Kick Ball T Participate in Parachute O R																			

Gymnastics Worksheet

MiniStars Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--

F Forward Roll L Cartwheel over Mat O Skip O Chasse R Positions Tuck Pike Straddle Stretch										

B Forward Roll over Bar A Swing and Drop Off R Touch Toes to Bar S Skin the Cat Hang Tuck Pike Straddle										

B Walk Forward E Backward A Sideways cross-over steps M Turn Right Left Jump Dismount										

V Bounce on Boards A Jump onto Block U Straddle Stand L Jump off Horse Stretch T Tuck Straddle										

Gymnastics Worksheet

SuperStars Skills List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Forward Roll L Tuck O Straddle O Backwards Roll on Ramp O Lunge Kick up to Lunge R Cartwheel on Floor Chasses Forwards Sideways Positions																			

B A Tap Swing R Kickover S Support Cast																			

B Walk on Toes Forward E Backward A Sideways M Stretch Jump Forward Roll with assistance Chasse 1/2 Turn																			

V Hurdle onto Board A Jump to Straddle Stand U Stick Landing L T																			

Gymnastics Worksheet

NewStars Skill List

(Joke)

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Don't Pee on It
L Stay in upright Position
O Be able to identify Teacher
O Be able to tell Mom to "Stop
R talking to me while I'm in class."
 Get to class before Stamp Time

B Find Them
A Get through rotation without
R getting Chalk all over the place
S

B Walk on beam without
E squeezing the life out of the
A teachers hand.
M

V Move forwards instead of
A sideways and backwards.
U Avoid six kid pile-ups.
L
T

Gymnastics Worksheet

Adult Skill List (OldStars)

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--

F Don't Pee on It L Arrive at class on time O and Sober O Finish Warm up before Class ends R Get through class without talking about Survivor										

P H										

R Finish rotation without joking I about fear of commitment N and "Not doing the ring thing." G S										

V A U L T										

P - B A R S	Find Them									

B A R S	Not THAT kind of bars!									
	Get through rotation without getting Chalk all over the place									