

Beginner Girls



Name:	
Date:	
Coach:	
Vault	
Donkey kicks on various equipment	
Hurdle onto beat board, straight jump onto waist height apparatus	
Dive roll with minitramp onto resi	
Bars	
Cast with hips on bar	
Sole hangs (tuck, straddle, pike)	
Front support, fwd rotation to stand	
Candle hold (bar, p-bars OR rings)	
5 chin ups with feet raised on box	
Tucked L-hang for 5 sec.	
Beam	
Tippy toe walks (fwd, sw, bwd)	
Kicks (fwd, sw, bwd)	
Balance on 1 foot for 5 sec.	
2 foot hops (fwd, bwd)	
Stuck landing dismount (fwd, bwd)	
Stride support (both legs)	
Floor	
Supports (front, side, back)	
Shoulder stand	
Prone fall from knees	
Fwd roll	
Bwd roll down incline	
Lever/needle handstand	
Tripod balance	
Cartwheel around half circle	
Jump 1/1 turn	
Trampoline	
10 bounces on X	
Shaped jumps (tuck, straddle, pike)	
Seat drop	
Hands and knees drop	
Hands and knees drop, front drop	

INFORMATION ONLY

E = Emerging C = Competent P = Proficient

Pass / Continue Beginner