



Intermediate Girls

Name:	
Date:	
Coach:	
Vault	
Kick to handstand, fall to back onto crash mat	
Dive roll with beat board onto resi	
Handspring to back with minitramp onto resi	
Bars	
3 casts with hips off bar	
Cast, push away to land on feet	
Long hang swings to 45° below bar	
Basket swing (front knee can bend)	
Pull over at chest height (one leg kick)	
5 beat swings	
L-hang for 3 sec.	
Beam	
Skipping and chasses	
Pivot turn	
Tuck jumps on beam	
Various shape jumps for dismount	
Lever/needle handstand on low beam	
Handstand on highway	
Cartwheel to handstand, fall to feet dismount	
Floor	
Prone fall from stand onto safety mat	
Bridge with straight arms	
Break fall onto safety mat	
From floor, dive roll down incline	
Bwd roll to feet	
Handstand finishing in lunge	
Handstand fwd roll off height or from wall	
Cartwheel on line	
Power hurdle	
Stride leap to 90°	
Trampoline	
Jump 1/1 turn	
Split jumps (both legs)	
Swivel hips	
Seat drop, hands and knees drop, seat drop (5x)	
Front drop	

INFORMATION ONLY