

Level 1 Skill Sheet

Name: _____

Vault

Understands and can demonstrate the concept of punching board with 2 feet

Understands and can demonstrate the concept of arm circle (bird, soldier, rocket ship)

Bars

Pullover, feet together, no kicking, no spot, on a regular bar

Spotted back hip circle

3 casts on their own (any shape)

Spotted Candle Stick Rock

Beam

Relevee Walk - Backward & Sideways

Spotted cartwheel to partial handstand from knee, land on feet dismount

Stretch jump on Med beam, good foot in front

Lever Touch on Floor

T Shape Hold - 2 Seconds on High Beam

Floor

Cartwheel - Step-in

Forward roll on Floor No Hands on stand

Backward roll on Floor

Handstand Feet Together - Lunge

Bridge Kick-over Down Wedge with Light Spot

Conditioning

Hollow body push up hold (10 sec) - head up, back rounded, hips flat

Hollow body hold (5 sec) hands on knees - lower back pressed into floor

3 sec "L" hold - legs straight, feet together

5 sec chin hold - legs straight, chin off the bar

Flexibility

Concept of squared hip splits all three ways

Bridge with head off the ground and, arms by ears with knees and feet together