


NAME / AGE: _____


CURRENT CLASS/DAY & TIME: _____


INSTRUCTOR: _____

BOYS INTERMEDIATE CHECKLIST

SKILL LEVEL




 CANNOT DO

 IN PROGRESS




 MASTERED

INSTRUCTIONS: Please evaluate gymnasts in an honest, thorough and unbiased manner. If gymnasts have mastered THE MAJORITY of skills (at least 90%), then they should progress to the next class level. If they have many skills they cannot do or that are still in progress, please do not advance them. Gymnast should also have the maturity to move up. If you think a gymnast can skip a class level or is ready to tryout for team, please consult a head coach for further assessment.




FLOOR

Boys Intermediate			
Backward roll to push up, knee buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forward roll to tuck jump, ear & knee buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick to vertical handstand step in, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roundoff, stick, finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




RINGS

Boys Intermediate			
Pull up hold, 5 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swing to inverted hang w/ spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll to German hang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




BARS

Boys Intermediate			
Candle hold, 10 sec, w/ shoulder spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Pull ups w/ red loop band	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Straight arm casts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick over or pull over w/o spot to front support hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Leg lifts on high incline w/ straight legs, foot buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>







VAULT

Boys Intermediate			
Fast run on toes with proper arm swing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run & punch board correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run, punch, straight jump, stick, finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front tuck on trampoline, stick, finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MUSHROOM

Boys Intermediate			
Front support hold on pommel, 30 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rear support hold w/ hips up & shoulders rolled back, 20 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Three-quarter or more circle, legs together, w/o dropping hips to mushroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking circle, showing all shapes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PARALLEL BARS

Boys Intermediate				Boys Intermediate			
3 Tight swings in a row, straight legs together, toes pointed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk down & back, straight arms & legs, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swing to straddle w/ straight legs & open hips, straddle press hold, 3 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Swing to dismount between bars	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



PLEASE CIRCLE RECOMMENDED CLASS FOR THE NEXT SESSION

Intermediate Advanced

MATURITY

Gymnast has the motivation/drive to move up to the next class.

Agree - Undecided / Neutral - Disagree

Gymnast has the listening skills to move up to the next class.

Agree - Undecided / Neutral - Disagree

Gymnast has the respect to move up to the next class.

Agree - Undecided / Neutral - Disagree