NAME:

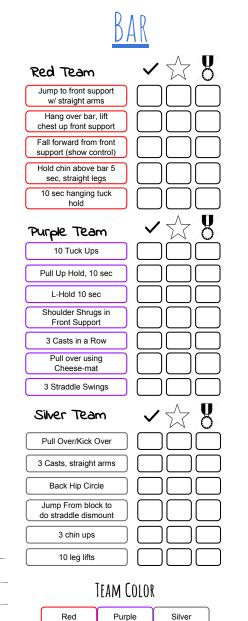
AGE:

RECREATIONAL PROGRESSION CHECKLIST

<u>FL</u> (<u> </u>
Red Team	✓☆8
Forward Roll/Cheese	
Backbend	
Lunge	
Finish	
Wall Handstand	
Cartwheel over Block	
Purple Team	✓ ☆ 8
Forward Roll on Floor	
Cartwheel on Floor	
Handstand, Lunge, F.	
Backward Roll Wedge	
Beginner Roundoff	
Wall Handstand (10 sec)	
Silver Team	✓ ☆ 8
Cartwheel on a line	
Kick over on Wedge	
2 Sec Handstand Hold	
Round off w/ Rebound	
Hollow Body Hold	

NOTES:_

BEAM						
Red Team	\checkmark					
Walk across Beam on releve without falling						
Backwards walk without falling						
Passe Hold 5 sec Right leg (posture)						
Passe Hold 5 sec Left leg (posture)						
Purple Team	✓ ☆ 					
Front Kicks w/ Straight Legs						
Straight Jumps						
Show a Lever						
Pivot Turns						
Walk on releve, arms tight, no falls/wobbles						
Silver Team	✓ ☆					
High Straight Jump on High beam						
Kneel - Lever On High Beam						
Cartwheel on Floor Beam						
Backwards Kicks w/ Straight legs						
Pivot Turns, High Beam						



VAULT				
Red Team	\checkmark	\mathcal{K}	8	
Run with high knees		\square		
Run with butt kicks		\Box	\Box	
Punch springboard with two feet				
Straight Jump		\Box	\square	
Tuck Jump		\Box	\Box	
Straddle Jump		\square		
Purple Team	\checkmark	$\overline{\mathbf{X}}$	8	
Fast Run, not flat footed		\Box	\Box	
Tight Straight jump off of Springboard		\Box	\square	
Tuck Jump off Springboard			\square	
Straddle Jump off Springboard			\square	
Silver Team	✓	\sum	8	
Fast Run, w/ proper arm swing		\bigcup		
Straight Jump, Stick, Finish		\Box	\Box	
Handstand Flatback			\square	
Does underarm circle	$\overline{}$	\Box	\Box	
Straight Jump onto high mat		\Box	\Box	
Forward roll onto high mat				
<u>SKILL LEVEL</u>				

