

NAME / AGE: _____

CURRENT CLASS/DAY & TIME: _____


INSTRUCTOR: _____

ROLLIE POLLIES CHECKLIST

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.




SKILL LEVEL

 CANNOT DO




 IN PROGRESS

 MASTERED




FLOOR

Rollie Pollies			
Beginner backbend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forward roll down wedge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel over 4 stacked pit blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pike handstand, feet on block & back on wall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beginner hollow hold, 5 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




BEAM

Rollie Pollies			
Walk in releve, hands on hips, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk backwards, arms side middle, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk sideways w/o falling, hands on hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front kicks, straight legs, arms side middle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High releve hold in lock position w/ straight legs, 2 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BARS

Rollie Pollies			
Pull up hold, 5 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Leg lifts, foot buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Straddle claps over foam block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front support hold w/ pointed toes, 20 sec, no fidgeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull over to front support w/ wedge, LIGHT spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hang over bar, lift chest up to front support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VAULT

Rollie Pollies			
High knee run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bottom kicker run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight jump on trampoline, hands on hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straddle jump on trampoline, hands on hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck jump on trampoline, hands on hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

PLEASE CIRCLE RECOMMENDED CLASS FOR THE NEXT SESSION

Rollie Pollies Leaping Frogs Leaping Frogs Adv