

Name: _____ CLASS: _____ Date: _____

Advanced Girls Skills List

Vault Skills and Physical Abilities	Bar Skills
10 push ups	Chin up Pullover-2 feet
Running with good form and speed	Cast back hip circle
Run, punch straight jump	Cast horizontal
Run, punch front handspring	Glide Swing
Handstand hops	Hollow hold on floor bar
20 sit ups	10 chin ups
Knee drop handstand	Cast squat on pike dismount
Handstand for 10 sec	Glide Swing Kip
Beam Skills	Floor Skills
Cartwheel on high beam	Handstand hold for 5 second
Back walkover on high beam	Front Tuck
½ Passe turn	Front Handspring
Handstand	Backward extension roll
Arabesque hold for 5 second	Back walkover
Side Handstand on low beam	Back Handspring
Split Leap	Round off back handspring
Step lock, Pivot turn	Back Tuck