

Name: \_\_\_\_\_ CLASS: \_\_\_\_\_ Date: \_\_\_\_\_

### Beginner Girls Skills List

Vault Skills and Physical Abilities	Bar Skills
10 Straight body bounces in a row with hands on hips	Jump to front support
Running with Knees up and Kicking Behind	3 Casts-Hip off bar
Squat on to feet	Walk feet up the block to pullover without turning hands backwards
Straddle on	<b>*Kick or jumping pullover off of the floor</b>
<b>*Run hurdle straight jump</b>	Tuck hang for 10 sec with foam block on lap
10 sit ups	L hang for 10 sec with foam block on lap
5 push ups	Monkey walks across the bar
Walk feet up wall to handstand position	Forward Roll dismount with the hands forward
Can and is willing to follow instructions	<b>*Chin Hang for 5 seconds</b>
Beam Skills	Floor Skills
Jump to front support on High beam	Forward roll to stand-with no hands
<b>*Releve walks on Low beam</b>	Backwards roll on the floor with proper hand placement and landing on feet
Backward walks on flat foot on the low beam	Straight leg cartwheel
Straight jump dismount off of the beam to a stick position	<b>*Kick up to handstand with back against the wall</b>
<b>*Stand on one foot for 10 seconds</b>	10 sec bridge hold
V-sit hold for 10 seconds on low beam	<b>*Candlestick hold on floor with no hands</b>
Knee scale hold for 10 seconds on low beam	Demonstrate body positions: Tuck, Pike, Straddle, Straight body, Stick and Stretch
Cartwheel on a line	Jumps: Tuck, Straddle and Straight
Straight jumps across the low beam with feet together	Donkey Kick with straight arms

**\*REQUIRED SKILLS NEEDED TO MOVE TO INTERMEDIATE 1**