

Gymnastics

(grade) = what is being assessed for each grade level.

Tumbling:

Pencil Roll (kindy)

Pencil Man (combo of pencil and superman)

Candle into Plow (kindy)

Egg Roll (kindy)

Tripod

Gymnastic Tripod (1st)

Forward Roll (2nd)

Tripod Head Stand (3rd)

Head Stand

Handstand

Cart Wheel

Round Off

Front Handspring

Balance Beam:

Walk Forward & Backwards (kindy)

Dip Walk (2nd)

Knee Scale (3rd)

Pose (4th)

V-Sit

Cart Wheel

Step off Dismount

180 Dismount (5th)

360 Dismount (6th Backwards)

Cart Wheel Dismount

Ropes:

Pony Swing

Elevator (4th)

L-Hang

Climb

Skin The Cat

Vaulting Horse: All done with proper signal for spotter

Approach

Straddle On (1st)

Squat On (2nd)

Side Vault (3rd)

Straddle Vault (4th)

Squat Vault (5th)

Front Handspring Vault

Parallel Bars:

Slide (kindy)

Sloth

Forward Travel (2nd grade)

Hand Walk (5th)

Dips

L-Sit

Dismount (kindy)

Side Dismount