



GIRLS LEVEL 1

Name: _____

Teacher: _____

Date: _____

SANTA CRUZ GYMNASTICS CENTER

FLOOR

1	2	3	☐	Forward Roll
1	2	3	☐	Cartwheel
1	2	3	☐	10 sec Bridge hold
1	2	3	☐	Kick over down wedge
1	2	3	☐	Teeter totter handstand

BEAM

1	2	3	☐	Walking flat feet & straight legs
1	2	3	☐	Stretch jump
1	2	3	☐	Lever
1	2	3	☐	Pivot turn
1	2	3	☐	Jump off to stop shape

The skills in **bold** must be mastered or marked with a star to move up a level. In addition there must not be more than three number three scores to move up. You will receive a separate **move up card** in addition to this progress report when ready for the next level.

☐ ★ = Congratulations! You have mastered this skill.

1 = Your child was not at class when this skill was tested

2 = Your child is still learning this skill. They are unable to perform the skill unassisted.

3 = Your child is capable of performing the skill, but needs more attention to detail.

BAR

1	2	3	☐	Pullover chin above bar
1	2	3	☐	10 sec support position hold
1	2	3	☐	3 Casts
1	2	3	☐	1/2 Rope Climb

VAULT

1	2	3	☐	Proper running form
1	2	3	☐	Proper board technique
1	2	3	☐	Stop shape stick
1	2	3	☐	Step Zero

STRENGTH, DANCE, FLEXIBILITY

1	2	3	☐	Tummy handstand
1	2	3	☐	5 tuck ups
1	2	3	☐	10 sec push up shape hold
1	2	3	☐	Skipping
1	2	3	☐	Pike stretch



Gymnastics Team Progress Reports

G Orfield



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