

Boys 3 Star

Name:		<i>Needs work</i>	<i>Improved</i>	<i>Good</i>
Floor	¾ Handstand			
	Cartwheel			
	Backward roll on wedge			
	Forward roll- tuck			
	Positions on Rope –Tuck			
	-Pike			
	-Straddle			
	Salute			
	Lunge			
Mushroom	Walk around			
	¼ Jump around			
Rings	Pull up to flex arm hang –hollow body			
	Skin the cat			
	Tuck Hang			
High Bar	Pull over front support			
	Cast, F-roll			
P Bars	Jump to front support			
	Swings -straight body			
	Rear dismount			
Vault	Straight jump			
	Stick landing			

All skills need to be learned to move up to next level