

Girls Level 1

Name:		<i>Needs work</i>	<i>Improved</i>	<i>Good</i>
Floor	Candlestick			
	Forward roll- tuck			
	Backwards roll- tuck			
	Cartwheel			
	Bridge –straight arms			
	¾ Handstand			
	Splits 90*			
Bars	Pull over			
	Cast- hips off bar			
	B H Circle			
	Straight arm dismount			
Beam	Front support mount			
	Lie back to pick (L) position			
	Arabesque 45*			
	Walk in releve –front			
	-back			
	-side			
	T-lever			
	Straight jump			
	Dismount knee cartwheel			
All skills need to be learned to move up to next level				