

Boys Level 1

Name:		Needs work	Improved	Good
Floor	¾ Handstand- correct form			
	Cartwheel			
	Backward Roll			
	Forward Roll			
	Round Off			
Mushroom	Walk Around			
	¼ Jump Around			
	Circle Round			
Rings	Pull up to flex arm hang			
	Lower to hang lift "L"			
	Straight arm invert hang			
	Pike Inverted Hang			
	Skin the Cat			
Bar	Pullover Front Support			
	Cast, Back hip circle			
	Straight arm dismount			
Parallel	Jump to Front Support			
	Swings -straight body			
	"L" position			
	Rear Dismount			
Vault	Straight Jump			
	Stick Landing			
All skills need to be learned to move up to the next level				