

## **Boys Level 2**

<b>Name:</b>		<i>Needs work</i>	<i>Improved</i>	<i>Good</i>
<b>Floor</b>	Handstand Hold- correct form			
	Handstand- forward roll			
	Cartwheel			
	Backward Pike roll			
	Forward Roll			
	Round off			
<b>Mushroom</b>	Plank			
	½ Jump around			
	Circle around			
<b>Rings</b>	Straight arm invert hang			
	Pike inverted hang			
	Skin the cat			
	Swing to tuck flip to stand			
<b>Low bar</b>	Pull over front support			
	Back hip circle			
	Under swing dismount			
<b>Parallel</b>	Swings –straight body			
	5 swings to handstand			
	“L” position			
	Rear dismount			
<b>Vault</b>	Straight Jump			
	Stick Landing			

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