



One Star

Name:		Needs work	Improved	Good
Floor	Forward roll down ramp			
	Bounce on two feet			
	Bounce on one foot			
	Gallop			
	Positions -Tuck			
	- Pike			
	-Straddle			
	-Salute			
Bars	Front support			
	Touch toes to bar			
	Swing and drop off to finish			
Beam	Forward walk			
	Jump off- land on two feet			
Gross Motor	Catch ball			
	Throw ball			
	Drop ball			
	Personal space			
	Taking turns			
	Verbal communication			

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