



3 Star- Girls

Name:		<i>Needs work</i>	<i>Improved</i>	<i>Good</i>
Floor	Forward roll -tuck			
	Backward Roll on ramp			
	Cartwheel on floor			
	Chasse forward			
	Chasse sideways			
	Positions- Tuck			
	Pike			
	Straddle			
	Salute			
	¾ Handstand			
	Lunge			
Bars	Pull over			
	Front support			
	Cast			
	Dismount- straight arm push off			
Beam	Mount beam- unassisted			
	Arabesque			
	Forward- on toes			
	Backward- on toes			
	Dismount- straight jump			
Gross Motor	Personal space			
	Taking turns			
	Verbal communication			

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