

Dear Parent:
Your child earned the attached
ribbon(s) for the skills circled below.

Name _____

Class Time _____

Hooray! I can do these skills:

ALL STATIONARY SKILLS ARE HELD TO THE COUNT OF 5.

LOCOMOTOR SKILLS

1. Walking a straight line
2. Running
3. Relevé walks
4. Jumping on two feet
5. Hopping on one foot
6. Galloping
7. Chassé
8. Skipping
9. Sliding
10. Leaping
11. Bear walk
12. Crab walk

FLOOR EXERCISE

13. Knows gymnastics body positions:
Attention, salute, straight body, arch,
hollow, pike, tuck/squat, straddle,
lunge, stick, finish
14. V-sit on floor held to 5 counts
15. Knee scale held 5 counts
16. Lever held 5 counts
17. Crab up held 5 counts
18. Bridge-up held 5 counts
19. Bridge-up kick-over on wedge
20. Bridge down
21. Log roll on floor
22. Forward roll down incline
23. Forward roll on floor
24. Straddle roll down incline
25. Straddle roll on floor
26. Safety roll on floor
27. Candlestick
28. Backward roll down incline
29. Backward roll on floor
30. Front support to rear support
31. Tripod held 5 counts
32. Headstand
33. Monkey jump
34. Cartwheel foundation (hand/foot
placement)
35. Cartwheel
36. Donkey kick
37. Proper handstand position (against
wall or mat)
38. Handstand on floor (1 sec. hold)
39. Jump 1/2 turn
40. Jump full turn

RINGS

41. Tuck hang (TT)
42. Tuck hang (CY)
43. L hang (TT)
44. L hang (CY)
45. Straddle L hang (TT)
46. Straddle L hang (CY)
47. Inverted tuck
48. Inverted straight body
49. Inverted pike
50. Long hang swings (high rings)

VAULT

51. Continuous run to spring line
52. 2-foot jump off springboard
53. Straight body jump onto panel mats
54. Stick and finish
55. Good approach start to finish

POMMEL HORSE & MUSHROOM

56. Front support on pommel
57. Straddle support swings on pommel
58. Single let cuts on pommel
59. 4 1/4 jumps around mushroom

PARALLEL BARS (Jr. P. Bars)

60. Support hold
61. Tuck support (TT)
62. Tuck support (CY)
63. L support (TT)
64. L support (CY)
65. Straddle walk length of bars (blue p-bars)
66. Straddle walk length of bars
67. Support swings
68. Skin-the-cat dismount

SINGLE - UNEVEN BARS

69. Grip positions: over, under & mixed
70. 2 Chin-ups
71. Tuck hang (TT)
72. Tuck hang (CY)
73. L-hang (TT)
74. L-hang (CY)
75. Straddle L hang (TT)
76. Straddle L hang (CY)
77. Muscle up to tucked sole hang
78. Muscle up to piked hang
79. Muscle up to straddle hang
80. Muscle up & skin-the-cat dismount
81. Muscle up & skin-the-cat & return
82. Front support
83. Front support & forward roll down
84. Long hang swing
85. 1/2 turn from a static hang
86. 3 front support casts on low bar
87. Front support casts and dismount
88. 3 "killers" done in a row (bent legs)
89. 3 "killers" done in a row (straight legs)
90. Pullover on low bar

TRAMPOLINE

91. Controlled bounce and stick
92. Proper arm lifts
93. Jump 1/2 turn
94. Jump full turn
95. Tuck jump (or knee slapper)
96. Pike jump
97. Straddle jump
98. Seat drop to feet
99. Seat drop to knee drop to feet
100. Table drop

BALANCE BEAM (LOW)

101. Knows how to fall safely
102. Forward walk
103. Forward walk (high beam)
104. Sideways walk
105. Backwards walk
106. Relevé walk (tip toes)
107. Pivot 1/2 turn
108. Leg lifts
109. Dip kick walk
110. Grapevine walk
111. Gallop
112. Chassé
113. Travel hops
114. Knee scale held 5 counts
115. V-sit held 5 counts
116. Arabesqué held 5 counts
117. Lever held 5 counts
118. Stork stand held 5 counts
119. Passé held 5 counts
120. Straight body jump on beam
121. Front support mount (high beam)
122. Straight jump dismount
123. Straddle jump dismount
124. Tuck jump dismount
125. Cartwheel dismount

REBOUNDING SKILLS

126. 2-foot spring (6 in a row)
127. 2-foot spring over series of 6 objects
128. 2-foot spring to higher elevation
129. 2-foot spring up consecutive levels &
down
130. 2-foot spring from one elevated object
to another and to floor (jump over river)

DEVELOPMENTAL SKILLS

131. Good listening skills
132. Follows a circuit
133. Demonstrates good form

OTHER SKILLS

134. _____
135. _____
136. _____
137. _____
138. _____

**PLEASE DO NOT JUDGE YOUR CHILD'S
PROGRESS WITH THE PROGRESS OF
OTHERS. THEY ARE ALL INDIVIDUALS
AND JUST AS THERE ARE GROWTH
SPURTS, THERE ARE LEARNING SPURTS!**

