

Name: _____
 Class: Level 3

2nd December 2018

Skills	Excellent	Competent	Not Competent
Vault			
Run, handspring to flat back landing onto 60cm mats			
Bars			
From dish hold, glide swing			
Pullover to front support			
Cast, toes to bar height			
Back hip circle			
Underswing dismount from hips OR feet (toe shoot)			
3 long hang swings to release at back of the 3rd swing			
Beam			
Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, back to straddle sit, swing legs back to squat, to stand			
2 x forwards kicks			
2 x backwards kicks			
2 x straight jumps in series			
Forward entry kick to 'L' handstand, step out to lunge			
Passé 1/2 turn on 1 foot & 1/2 turn on 2 feet, relevé hold			
2-3 steps, punch jump dismount from end of beam.			
Floor			
Forward contraction			
Forward entry cartwheel, cartwheel 1/4 turn to step in			
Split jump (90°)			
Backward roll			
Bridge kickover			
Handstand forward roll			
2 x Step kicks			
2 x Step hops			
2 Spring steps on each leg			
Passe 1/2 turn, Releve 1/2 turn			

Not Yet Achieved: This indicates that the skill performed was not completed successfully on their own without guidance or not allowed to be performed due to safety.

Competent: This indicates that the skill was performed successfully on their own with capacity for improvement.

Excellent: This indicates that the skill was performed successfully on their own meeting all skill requirements