

Skill Chart Instructional Level 1

Class Day & Time:

Student Names:

Floor

Forward Roll to Standing

Backward Roll, Down Cheese Mat

L-Handstand

Bridge

Cartwheel

Hurdle

Leap

Vault

Straight Jump Up to 2 8in Mats

Standing Handstand Flat Back On 2 "8 Mats

Straight Jump Dismount Off Vault Table, Stick It + Finish

Tree Fall On Whale Mat

Bars

Pull-Over (Bar Chin Height)

Straddle On From Block

Cast (Hips Off Bar, Back To Bar)

Fwd Roll Dismount

5 Sec Low Bar Balance

5 Sec Front Support Hold

5 Sec Cast Shape Hold w/ Lowered Bar

5 Sec Upside Down Hollow Hold w/Red Block

Beam

Front Support Mount

Beam Stance

Coupe, Passe, Releve (CPR) Kick

Arabesque

3 Sec T-Hold

Jump Dismount to Safe Landing Shape

Squat, Crown, to Beam Stance

Walks: Releve, Hops

Plie

Shapes They Can
Demonstrate:

Straight

Tuck

Pike

Straddle

Hollow

Arch

Lunge

Split

**Flexed Feet, Pointed Feet
(Toes)**