

Skill Chart Instructional Level 3

Class Day & Time:

Student Names:								
Floor								
Dive Roll to Standing								
Straight Arm Bwd Roll to Push-Up on Cheese Mat								
Handstand Straight Arm Fwd Roll								
Back Walk-Over								
Round Off Back Handspring/Back Hand-Spring								
Hurdle, Round-Off Rebound								
Front Limber								
Chasse, Step, Leap								
Full Turn								
Fwd Roll Up Cheese Mat								
Straddle Press Handstand Against Wall								

Vault

Handstand Flat-back On Whale Mat								
Front Handspring Over Whale Mat								
Front Handspring Over Vault Table w/Spot								
Dive Roll Up Onto Whale Mat								
Arm Circle (Birdie, Soldier, Rocket)								

Bars

Glide Swing								
Pull Up Pull-Over								
Cast to Squat-On								
Back Hip Circle Under-Swing Dismount								
Tap Swing On High Bar								
Squat-On Under-Swing Dismount								
Single Leg Shoot Through								
Stride Circle								

Beam								
Handstand								
1/2 Turn								
Straight Jump 1/2 Turn								
Tuck Jump								
1/4 Turn Dismount								
Front Handspring Dismount w/Spot								
Cartwheel On Crayon Beam								
Straight Jump, Tuck Jump Connection								
Walks: Kneeling, Long Jumps								