Skill Chart Instructional Level 4

Class Day & Time:								
Student Names:								
Floor								
Run, Punch, Front Tuck								
Straight Arm Backward Roll to Push-Up								
Round-Off Backhand Spring								
Front Walkover								
Back Tuck Off Block								
Front Handspring								
Standing Straddle Press Handstand								
Aerial								
Vault								
1/2 On Over Whale Mat								
Front Handspring Over Vault Table								
Front Tuck Onto Whale Mat								
Bars								
Kip w/Spot								
Tap Swing to 1/2 Turn Dismount								
Cast to Squat-On Jump to High Bar								
Long Hang Pull-Over On High Bar								
Tap Swing Dead Bug/ Cow From High Bar								
Jump to High Bar								
Flyaway w/Spot								
Beam								
Full Turn								
Straight Jump 3/4 Turn								
Cartwheel On High Beam								
Back Walk-Over on Crayon Beam								
Front Handspring Dismount								
Back Tuck Dismount w/ Spot								
Split Jump								