Skill Chart Instructional Level 5

Class Day & Time:								
Student names:								
Floor								
Front Handspring Front Tuck Connection								
Straight Arm Backward Roll to Handstand (Back Extension Roll)								
Aerial								
Round-Off Back Handspring Back Tuck								
Standing Back Tuck								
Round Off Back Tuck								
3/4 Layout To Pit Mat								
Sitting Straddle Press To Handstand From Panel Mat								
Vault								
1/2 On Over Vault Table								
1/2 On 1/2 Off Over Whale Mat								
Front Tuck Onto Whale Mat								
1/2 On 1/2 Off Over Vault Table								
Bars								
Kip								
Cast to Squat-On Jump to High Bar Long Hang Pull-Over Connection								
Fly Away Dismount								
Front Hip Circle								
Cast to Straddle-On Blocks Press to Handstand								
Beam								
Back Walk-Over On High Beam								
Cartwheel-to-Straight Jump Connection								
Round-Off On High Beam								
Tuck Jump 3/4 Turn								
Front Tuck Dismount								
Chest Press Mount								
Handstand Pause Back Tuck Dismount								