

BEGINNER SKILL CHART

Beginner 1 - Must have highlighted skills to move to Beginner 2!



REVIEW PREVIOUS SKILLS!!

	FLOOR	BAR	BEAM	VAULT
	Forward Roll Tucked	Front Support Front Roll	Walk Sideways	Jump with 2 Feet
	Backward Roll Off Panel Mat	Cast Off Bar	Walk Forward	Straight Jumps
	Lunge	Pullover {walking up block}	Walk Backward	Dive Rolls
	Straddle Roll	Glide Swing {legs together}	Walk Forward RELEVE {toes!}	
	Donkey Kick	Cast On/ Cast Off	Kicks	
	Walk Up the Mat		Dip Steps - Forward	
	Bridge with Mat		Dip Steps - Backward	
	Cartwheel with Mat		Bear Crawls	

Beginner 2 - Must have highlighted skills to move to Beginner 3!

REVIEW PREVIOUS SKILLS!!

	FLOOR	BAR	BEAM	VAULT
	Forward Roll Finish	Cast Off Bar	Walk Forward	Dive Rolls
	Straddle Roll	Glide Swings {legs together}	Walk Backward	
	Running Cartwheel	Cast On/ Cast Off	Kicks on Beam	
	Jump, Tuck & Straddle	Squat On {low bar}	Coupe	
	1/2 Turn	Leg Lifts	Pivot Turns	
	Handstand to Wall	Chin Ups		
	Cartwheel			
	Lunge to Handstand	Front Support Forward Roll	Forward Dip Steps	Jump with 2 Feet
	Bridge	Pullover {walking up block}	Backward Dip Steps	Straight Jumps

Beginner 3 - Must have highlighted skills to move to Beginner 4!

REVIEW PREVIOUS SKILLS!!

	FLOOR	BAR	BEAM	VAULT
	Forward Roll to Finish	Cast 3 Times {STRAIGHT ARMS}	Coupe Dip	Arm Circle
	Handstand Against Mat	Squat On {knee high bar}	Dip Steps - Backward	Straight Jump
	Handstand Forward Roll {on mat}	Shooting Star {on mat}	Pivot Turns	Handstand Flatback {off block}
		Leg Lifts/ Chin Ups	Cartwheel Off Beam	
	Backward Roll on Floor			
	Running Cartwheel	Backhip Circle {with trainer}	Forward in Releve {toes}	
	Bridge Kickover {10" mat}	Pullover {light spot}	Backward in Releve {toes}	Dive Roll {legs straight}

Beginner 4 - Must have highlighted skills to move to Intermediate 1!

REVIEW PREVIOUS SKILLS!!

	FLOOR	BAR	BEAM	VAULT
	Backward Roll to Push Up Position	Cast 3 Times {STRAIGHT ARMS}	Backward in Releve {toes}	Straight Jumps with Arm Circle
	Handstand Forward Roll	Glide Swings	Pivot Turns	Dive Roll {over noodle}
	1/2 Turns on Floor	Squat On {knee high bar}	Cartwheel {on beam}	REVIEW SKILLS
	REVIEW SKILLS	Leg Lifts/ Chin Ups	REVIEW SKILLS	
		REVIEW SKILLS		
	One Hand Cartwheel			
	Handstand {2 seconds}	Pullover	Horizontal Kicks	
	Bridge Kickover {8" mat}	Backhip Circle {with trainer}		Handstand Flatback
	Roundoff Over Mat	Shooting Star {off block}		Block