



# Beginner Skill Checklist



PEGA Athletes Name: \_\_\_\_\_

## Uneven Bars

### Floor Exercise

- Safe Landing Position
- Bridge Hold 5 Seconds
- Forward Roll Stand Up
- Backward Roll Stand Up
- Good Side Cartwheel
- ¾ Handstand to Lunge
- Split Leap

### Balance Beam

- Forward Walks
- Backward Walks
- Dip Walks
- Kicks (with straight legs)
- Bunny Hops
- Grapevine
- Lunge lever on Low Beam
- Arabesque Hold 5 Seconds
- Lock Releve Hold 5 Seconds

- Jump to Front Support with Straight Arms
- Tuck Hang Hold 5 Seconds
- Pullover with spot
- Glide with Bent Knees 3 Times
- Jump straddle swing (monkey swings)

### Vault

- Jump to Safe Landing Position on Floor
- Step Hurdle Straight Jump off Springboard
- Straddle On to 2' box jump to SLP
- Running Drills + Arm Swings

### Strength & Flexibility

- 5 Sit Ups
- 5 Pushups
- Arch Position Hold 5 Seconds
- Hollow hold with Bent Knees 5 Seconds
- Passe Hold 5 Seconds
- Coupe Hold 5 Seconds
- Good Side Splits ½ Way to Ground

### PEGA Coaches Level

#### Recommendation

### PEGA Kid Qualities

- Positive Teammate in class
- Listens and Follows Coaches Instructions
- Give 100% Effort in Class



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