

Intermediate Move Up Checklist

Name _____

Day _____

Coach _____

Vault				
Skill	Just Learning	Needs a Light Spot or Needs to be Reminded of Skill Name	Has Skill On Own	Correct Form
Stretch Jump on Mat				
Handstand fall, lay flat				
Running Form & Technique				

Beam				
Skill	Just Learning	Needs a Light Spot or Needs to be Reminded of Skill Name	Has Skill On Own	Correct Form
Jump to Front Support				
Releve Balance				
Arabesque				
Forward Leg Swings				
Leg Balance in forward Passe				
Stretch Jump				
Side Handstand on Low Beam				

Intermediate Move Up Checklist

Floor				
Skill	Just Learning	Needs a Light Spot or Needs to be Reminded of Skill Name	Has Skill On Own	Correct Form
¾ Handstand				
Cartwheel to lunge				
Backward Roll to Pike				
Leap				
Step Passe ½ Turn				
Round Off				
Bridge Kickover				

Bars				
Skill	Just Learning	Needs a Light Spot or Needs to be Reminded of Skill Name	Has Skill On Own	Correct Form
Pullover (Can Kick)				
Cast X3				
Wrist Shifts				
Leg Cut				
Back Hip Circle				