

EVALUATION SKILLS CHECKLIST: INTERMEDIATE GIRLS
GYMNAST NAME:

VAULT:

STRETCH JUMP ONTO WHALE MAT OR VAULT TABLE
HANDSTAND FLATBACK

UNEVEN BARS:

CAST BACK HIP CIRCLE
3 RE-GRIP SWINGS
GLIDE SWINGS
CAST UNDERSHOOT DISMOUNT

BALANCE BEAM:

SPLIT LEAP 90 LEG SEPARATION
HEAL SNAP TURN
LEVER 3/4 HANDSTAND
SIDE HANDSTAND FRONT DISMOUNT
STRAIGHT JUMP

FLOOR EXERCISE:

BACKBEND KICKOVER
BACKHANDSPRING WITH LIGHT SPOT ON TRAMPOLINE
RUNNING ROUND OFF REBOUND
FULL TURN ARMS TOP CROWN ABOVE HEAD
