



INTERMEDIATE TEMPLATE

Intermediate

Student Record / Skill Tracking

Activity Overview

X=Skills Achieved

Evaluation Sheet

FLOOR

*Intermediate

Back Extension

Standing BHS

Round Off, BHS w/ Spot

Round Off, BHS

*Adv Int

Front Handspring

Front Walkover

Round Off, 2 BHS

Front Tuck

BEAM

*Intermediate

Cartwheel

Split jump

FHS Dismount

*Adv Int

Back Walkover (w/ red padding)

1/2 Turn

Split Leap

BARS

*Intermediate

Mill turn

Squat on

Sole circle

*Adv Inter

Long hang pullover

Front Hip Circle

Kip w/ Spot

Fly Away w/ Spot

VAULT

*Intermediate

Step Up, FHS

Regular FHS w/ spot

*Adv Inter

Regular FHS

Working 1/2 On