



## Beg 1 Template

### Beginner 1

#### Evaluation Sheet

##### FLOOR

\*Beg 1 (MAT ASSISTED)

Forward Roll (\_\_\_) Backward Roll (\_\_\_)

Cartwheel (\_\_\_) Pony Kick (\_\_\_)

\*Beg 2 (ON FLOOR)

Forward Roll (\_\_\_) Backward Roll (\_\_\_)

Cartwheel (\_\_\_) Handstand (\_\_\_)

##### BEAM

\*Beg 1 (LOW BEAM)

Side Walks (low)

Backward Walks (low)

Forward Kicks (low - knee height)

Tuck Jump Dismount (low)

\*Beg 2 (HIGH BEAM)

Forward Walks

Side Walks

Backward Walks

Forward Kicks (above knee height)

Star Jump Dismount

##### BARS

\*Beg 1

Front support (Bar at chest height)

Baby casts

Woodpecker (w/ barrel in front)

Forward roll over bar

\* Beg 2

Cast Away

Casts (Hips off bar)

Walk up to candlestick (Partial Pullover)

\*Beg 1

Springboard approach w/ Straight jump

Squat on (LOW block)

Working Squat on (Vault, elevated SB)

\*Beg 2

Squat on (Vault, elevated SB)

Jump up (LOW block)