



## MIDDLER TEMPLATE

### Middler

### Student Record / Skill Tracking

### Activity Overview

X=Skills Achieved

### Evaluation Sheet

#### FLOOR

\*Middler

Fall into bridge

Kick over

Back walkover

Front Limber

\*Intermediate

Back extension

Standing BHS

Round off BHS w/ spot

Round off BHS

#### BEAM

\*Middler

Tuck jump

Handstand

Round off dismount

\*Intermediate

Cartwheel

Split jump

FHS Dismount

#### BARS

\*Middler

Back Hip Circle

Shoot through

\*Intermediate

Mill turn

Squat on

Sole circle

#### VAULT

\*Middler

Step up round off

Step up FHS w/ spot

\*Intermediate

Step up FHS

Regular FHS w/ spot