



## ADVANCED BEGINNER GIRLS TEMPLATE

### Adv Beginner, Adv Beg/Middler Student Record / Skill Tracking

#### Activity Overview

X=Skills Achieved

#### Evaluation Sheet

##### FLOOR

\*Adv Beg

Handstand forward roll

Round off

Fall into bridge w/ spot

Bridge Kick over w/ spot

\*Middler

Fall Into Bridge

Kick Over

Back Walkover

Front Limber

##### BEAM

\*Adv Beg

Bunny Hops

Chasses

Forward Roll (high beam no pad)

Straddle Jump Dismount

\*Middler

Tuck Jump

Handstand

##### BARS

\*Adv Beg

Pullover

Tap Swings

\*Middler

Back Hip Circle

Shoot Through/ Leg Cut

##### VAULT

\*Adv Beg

Squat on

Jump up

Working step up round off

\*Middler

Step up round off

Step up FHS w/ spot

Round off dismount