



Gym Tumblers Template

Tykes, Tumbler, Tumbler Student Record / Skill Tracking

Evaluation Sheet

FLOOR

*Tumbler

Log roll

Forward roll (down incline)

Donkey kicks

*Adv Tum

Forward roll (no helper hands)

Cartwheel(landing in lunge)

Backward roll(down incline)

BEAM

*Tumbler(low beam)

Forward walks

Side walks

Forward kicks

*Adv Tum (high beam)

Swing leg mount

Forward walks

Forward kicks

Star Jump dismount

BARS

*Tumbler

Front support

Baby casts

*Adv Tum

Cast away

Casts (hips off bar)

Pullover to hips(using stairs or block)

Forward roll over bar

VAULT

*Tumbler

Bunny hops

Gallop

Straight jump off block

Working squat on (big block)

*Adv Tum

Skipping

Squat on big block