

Students Name: \_\_\_\_\_ Instructor \_\_\_\_\_

<b>Future Stars</b>	MASTERED	STILL WORKING	BEGINNING
<b>Tumbling</b>			
¾ Hand Stand			
Tri Pod			
Forward Roll Stand up no hands			
Lunge Cartwheel Lunge			
Cartwheels in a row			
Straight Arm Bridge			
<b>Bars</b>			
Tuck Hold 5 seconds			
L-Hold 5 seconds			
Jump to Front Support Forward Roll			
3 Casts in a Row (Straight Arms)			
2 Pull ups (Bent Knee)			
<b>Beam</b>			
Front Support Mount			
Walk on High Beam			
Pivot Turn			
Scale			
Stretch Jump with correct arms			
Safety Fall			
<b>Vault</b>			
Proper Run 40 ft.			
Proper Vault Entry onto board 2 ft.			
<b>Trampoline</b>			
Tuck Jump 5 in row			
Straddle Jump 5 in row			
Jump to Freeze			
Seat Drop Controlled			

Comments: \_\_\_\_\_