

Date: _____

Name: _____ # _____

Gymnastics Skills Checklist

Balance		
	Achieved	Verification
V-sit		
Knee scale		
Airplane stand		
Stork stand		
Front support		
Back support		
Side support		
Shoulder balance Y scale		
Sissone (jump to airplane)		
Rolls		
Safety roll/Eggroll		
Forward roll *		
Forward straddle roll		
Forward roll to a scale		
Logroll or pencil roll		
Rick N' roll		
Jumps		
Tuck jump / Safe landing		
Start jump		
Full turn (360)		
Pike jump		
Straddle jump		
Pencil jump (straight)		
Bars/Rings/Pbars		
Tuck hang		
Straddle hang		
Pike hang (3 sec)		
Skinny cat		
Cross support		
Rollover		
Baby pullover		
Pullover		
Straddle travel *		
Candle hang pull ups / Chin up		
Penguin		

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vault		
	Achieved	Verification
Squat-on		
Straddle-on		
Squat over		
Straddle over		
Flank vault		
Conditioning		
Superman		
Banana boat		
Climb ropes		
Pushups (x5)		
Monkey jumps Sit ups		
Burpees (x5)		
Bosu		
Floor		
Cartwheel		
1-hand cartwheel		
Round off		
Handstand		
Walks		
Cat leap		
Grapevine walk		
Donkey kicks		
Monkey/sore leg		
Bear walk		
Sloth/opossum		
Crab walk		
Chasse—Skipping on beam		
Inchworm		