

Gymnastics Worksheet

Girls Level II Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F	Handstand	1 Sec Hold																	
L		Straddle Up																	
O	Backward Roll	Pike																	
O		Straight Arm																	
R	Cartwheel	Lunge to Lunge																	
		Hurdle																	
	Round Off																		
	Back Bend	Spotting OK																	
	Splits	120 degrees																	

B	Back Hip Circle																		
A	Sole Circle Dismount																		
R	Underswing Dismount																		
S	Piked Glide Swing																		
	Straight Body Lift to Support																		
	Swing 1/2 Turn																		
	3 Leg Lifts																		
	1 Chin Up																		

B	1/2 Passe Turn																		
E	Tuck Jump																		
A	Skipping																		
M	Side Releve Turns																		
	Lunge to Lunge																		
	Cartwheel Hndst Straddle Dwn																		
	Cartwheel Low Beam																		
	Round Off Dismount																		

V	Straddle Over																		
A	Tuck Over																		
U	Handstand Straight Body Fall																		
L	Handstand Fall over Barrel																		
T	Handstand Arch to Stand																		
	Dive Roll onto Stacked Mats																		
	Jump off Block to Stick																		

Gymnastics Worksheet

Girls Level III Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Handstand 3 Sec Hold L 1/2 Pirouette O Forward Roll O Backward Roll Extension R Round Off Far Arm Cartwheel Tick Tock Back Walkover Front Limber																			

B Pullover from Hang A Single Leg Shoot Through R Glide Single Leg Shoot S Glide Kip With Spot Squat On 5 Leg Lifts 3 Chin Ups																			

B Leg Swings in Releve E Split Leap 120 degrees A "V" Sit & Swing to Squat Stand M Coupe Walks Straight Lever Squat Turns Cartwheel Lunge to Lunge Kick to Handstand Squat on with Hands																			

V Jump over Horse to Handstand A Supergirl Drill U Handstand Bounce on Board L Jump to Handstand Fall Flat T																			

Gymnastics Worksheet

Girls Level IV Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Stalder Roll to Handstand L Backward Roll Straight Arm O Extension HS O Dive Cartwheel R Aerial Front Walkover Front Handspring Back Handspring																			

B Glide Kip A Clear Hip R Tap Swing to pullover S Front Hip Circle Underswing Flyaway																			

B Side Handstand 1/4 Pirouette E Back Walkover A Squat on without Hands M Split Leap 90 degrees Scale 120 degrees																			

V Handspring A Jump 1/2 Turn to Handstand U L T																			

Gymnastics Worksheet

Boys Level II Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F L O O R	Forward Roll	Straddle																		
	Backward Roll	Straddle																		
	Cartwheel	Both Sides																		
	Handstand	Hold 1 sec																		
	Headstand																			

P H	With	Walk Around																		
	Pommels	Leg Swings																		
	Mushroom	Circle around																		

R I N G S	3 swings																			
	Inverted Hang																			
	Skin the Cat Pull up																			
	Support																			

V A U L T	Straddle Over																			
	Tuck Over																			
	Dive Roll onto Stacked Mats																			
	Handstand Fall																			

P- B A R S	Support Walk																			
	Support & swing	Horizontal																		
	Rear Dismount	Horizontal																		
	Long Hang Swing																			

S B A R S	Tap Swing																			
	Swing 1/2 turn																			
	Back Hip circle																			
	Underswing Dismount																			
	3 chin ups	OG & UG																		
5 Leg Lifts																				

Gymnastics Worksheet

Boys Level III Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F L O O R	Handstand Forward Roll																		
	Backward Roll	Pike																	
		Straight Arms																	
	Cartwheel	Lunge to Lunge																	
	Handstand	Hold 2 Sec																	
	Headstand	Hold 5 Sec																	

P H	Single Leg Travels																		
	Leg Cuts																		
	<u>Mushroom</u>	Circle around																	

R I N G S	3 swings	45 degrees																	
	Inverted Hang	Hold 3 Sec																	
	Muscle Up with Spot																		
	Support with Straight Arms																		

V A U L T	Straddle Over	Pre - Flight																	
	Tuck Over	Pre - Flight																	
	Stretched Dive Roll																		
	Handstand Arch over Barrel																		

P- B A R S	Support Walk	Backward																	
	Support & Swing Above Horz																		
	Rear Dismount	Above Horz																	
	Long Hang Back Uprise																		

B A R S	Tap Swing	Horizontal																	
	Swing 1/2 turn	Horizontal																	
	Free Hip Circle																		
	Swing to Pullover																		
	Sole Circle Dismount																		
	5 Chin Ups	OG & UG																	
	10 Leg Lifts																		

Gymnastics Worksheet

Boys Level IV Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Handstand Forward Roll L Backward Roll Straight Arm O Extension O Round Off R Handstand Pirouette Front Handspring Back Handspring																			

P False Scissors H 1/2 Loop over Horse Mushroom Circle																			

R 5 swings Horizontal I Dislocate N Inlocate G Straddle Dismount S Support "L"																			

V Jump to Handstand A U Handspring L T																			

P Swing to Handstand B Pirouette on Low Bars A Glide Swing R Moy to Upper Arm S																			

K Kip B Flyaway A Undergrip Cast over Bar R Overgrip Cast to 1/2 Turn S Seat Circle Forward Backward																			

Gymnastics Worksheet

NewStars Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Forward Roll Down Ramp L Sideways Roll O Bounce on two feet O Bounce on one foot R Gallop Positions Tuck Pike Straddle Stretch																			

B Forward Roll over Bar A Swing and Drop Off R Touch Toes to Bar S Skin the Cat																			

B Walk Forward E with assistance Backward A Sideward M Jump Off Land on Feet																			

V Bounce on Boards A Jump onto Block U L T																			

G Concepts Personal Space R Turn Taking O Verbal Communication S Throw Ball with 1 Hand S Throw Ball with 2 Hands Drop Ball M Catch Ball O Kick Ball T Participate in Parachute O R																			

Gymnastics Worksheet

MiniStars Skill List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Forward Roll L Cartwheel over Mat O Skip O Chasse R Positions Tuck Pike Straddle Stretch																			

B Forward Roll over Bar A Swing and Drop Off R Touch Toes to Bar S Skin the Cat Hang Tuck Pike Straddle																			

B Walk Forward E Backward A Sideways cross-over steps M Turn Right Left Jump Dismount																			

V Bounce on Boards A Jump onto Block U Straddle Stand L Jump off Horse Stretch T Tuck Straddle																			

Gymnastics Worksheet

SuperStars Skills List

Class _____



Name

--	--	--	--	--	--	--	--	--	--	--

F Forward Roll Tuck L Straddle O Backwards Roll on Ramp O Lunge Kick up to Lunge R Cartwheel on Floor Chasses Forwards Sideways Positions										

B A Tap Swing R Kickover S Support Cast										

B Walk on Toes Forward E Backward A Sideways M Stretch Jump Forward Roll with assistance Chasse 1/2 Turn										

V Hurdle onto Board A Jump to Straddle Stand U Stick Landing L T										



Gymnastics Worksheet

NewStars Skill List

(Joke)

Class _____

Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Don't Pee on It
L Stay in upright Position
O Be able to identify Teacher
O Be able to tell Mom to "Stop
R talking to me while I'm in class."
 Get to class before Stamp Time

B Find Them
A Get through rotation without
R getting Chalk all over the place
S

B Walk on beam without
E squeezing the life out of the
A teachers hand.
M

V Move forwards instead of
A sideways and backwards.
U Avoid six kid pile-ups.
L
T

Gymnastics Worksheet

Adult Skill List (OldStars)



Class _____

Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

F Don't Pee on It L Arrive at class on time O and Sober O Finish Warm up before Class ends R Get through class without talking about Survivor																			

P H																			

R Finish rotation without joking about fear of commitment and "Not doing the ring thing." I N G S																			

V A U L T																			

P - B A R S	Find Them																		

B Not THAT kind of bars! A Get through rotation without getting Chalk all over the place R S																			