

Boys Rec Beginner General Evaluation sheet

Gymnasts Name: _____
Age: _____

Class Day: _____
Coaches Name: _____

Class Time: _____
Date: _____

Flexibility	Star Value	H-bar	Star Value
Pancake	1. 2. 3. 4.	chin up hold 3s	1. 2. 3. 4.
Pike	1. 2. 3. 4.	tuck hold 3s	1. 2. 3. 4.
Skin the cat	1. 2. 3. 4.	Spotted pull over	1. 2. 3. 4.
Right leg split	1. 2. 3. 4.	Jump to support	1. 2. 3. 4.
Left leg split	1. 2. 3. 4.	Cast to block stand or 45 degree push up position	1. 2. 3. 4.
Middle split	1. 2. 3. 4.	Hang 30s	1. 2. 3. 4.
Bridge	1. 2. 3. 4.	Assisted swings	1. 2. 3. 4.

P-bars	Star Value	Floor	Star Value
Support hold 30s	1. 2. 3. 4.	Forward roll	1. 2. 3. 4.
Push up hold 30s	1. 2. 3. 4.	Donkey kick	1. 2. 3. 4.
Rear support hold 30s	1. 2. 3. 4.	Arabesque	1. 2. 3. 4.
Push ups x 5	1. 2. 3. 4.	Wall supported headstand	1. 2. 3. 4.
Seated dips x 5	1. 2. 3. 4.	Side cartwheel	1. 2. 3. 4.
Support straddle travel	1. 2. 3. 4.	Backward roll	1. 2. 3. 4.
Assisted swings x 5	1. 2. 3. 4.	Headstand*	1. 2. 3. 4.
		scale	1. 2. 3. 4.
		Kick to wall handstand	1. 2. 3. 4.
		Cartwheel lunge	1. 2. 3. 4.

Rings	Star Value
Chin up hold 3s	1. 2. 3. 4.
Tuck hold 3s	1. 2. 3. 4.
Hang x 30s	1. 2. 3. 4.
Push up hold x 15s	1. 2. 3. 4.
Basic swings x 5 w/straight body	1. 2. 3. 4.
Ring push up	1. 2. 3. 4.

Pommel horse/mushroom	Star Value
Front support hold x 30s	1. 2. 3. 4.
Push up x 5	1. 2. 3. 4.
Rear support hold x 30s	1. 2. 3. 4.
Seated dip x 5	1. 2. 3. 4.
Pendulum swings on horse feet at or above horse w/straight legs	1. 2. 3. 4.
Circle walk	1. 2. 3. 4.

Vault	Star Value
Straight jump	1. 2. 3. 4.
Tuck jump	1. 2. 3. 4.
Dive Roll	1. 2. 3. 4.

Notes:

Ready to move up?	
YES	<input type="checkbox"/>
NO	<input type="checkbox"/>

1 = doesn't have the skill. 2 = Has the skill with errors. 3 = Has the skill completed. 4 = Has mastered the skill.