

Boys Rec Intermediate General Evaluation sheet

Gymnasts Name: _____

Class Day: _____

Class Time: _____

Age: _____

Coaches Name: _____

Date: _____

Flexibility	Star Value	H-bar	Star Value
Pancake	1. 2. 3. 4.	Unassisted pull over	1. 2. 3. 4.
Pike	1. 2. 3. 4.	Hanging ½ turns	1. 2. 3. 4.
Skin the cat	1. 2. 3. 4.	5 unassisted swings (hollow, arch, candlestick)	1. 2. 3. 4.
Right leg split	1. 2. 3. 4.	Cast to 45 or push up	1. 2. 3. 4.
Left leg split	1. 2. 3. 4.		
Middle split	1. 2. 3. 4.		
Bridge	1. 2. 3. 4.		

P-bars	Star Value	Floor	Star Value
Support walk backward	1. 2. 3. 4.	Dive roll	1. 2. 3. 4.
Basic swings in long hang	1. 2. 3. 4.	Back extension roll	1. 2. 3. 4.
		Kick handstand fwd roll	1. 2. 3. 4.
		Cartwheel step in	1. 2. 3. 4.
		Run hurdle round off	1. 2. 3. 4.
		Barrel back handspring	1. 2. 3. 4.

Rings	Star Value	Pommel horse/mushroom	Star Value
Basic swings to inverted hang, basket and skin the cat	1. 2. 3. 4.	¼ circle, ½ circle and ¾ circle with walk back to start	1. 2. 3. 4.
		Bucket circle	1. 2. 3. 4.

Vault	Star Value
Front flip	1. 2. 3. 4.
Handstand flat back up to whale	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.

