

Tumbling Beginner Evaluations

Name: _____

Day: _____

Coach: _____

Time: _____

Date: _____

Flexibility

- 1. Straddle, belly down
- 2. Pike
- 3. Right split
- 4. Left split
- 5. Middle split
- 6. Bridge

Strength

- 1. 30 sec jumping jacks
- 2. 10 push ups
- 3. 10 sit ups
- 4. 10 leg lifts
- 5. Rope

GRADING KEY

Does not know skill	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skills with errors	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed skill	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mastered skill	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Trampoline

- 1. Straight jump
- 2. Tuck jump
- 3. Seat drop
- 4. Knee drop
- 5. Doggy drop
- 6. Doggy drop, forward roll

Floor

- 1. Handstand
- 2. Forward roll
- 3. Backward roll down wedge
- 4. Cartwheel
- 5. Round off
- 6. Standing bridge
- 7. Bridge kick over

AVERAGE SCORES

Flexibility:	1	2	3	4
Strength:	1	2	3	4
Trampoline:	1	2	3	4
Floor:	1	2	3	4

MOVE UP?

YES NO

Notes: