

Girl's Intermediate Evaluations

Name: _____

Day: _____

Coach: _____

Time: _____

Date: _____

Flexibility

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

Vault

- 1. Running technique
- 2. Handstand
- 3. Handstand pop
- 4. Arm circle, straight jump
- 5. Handstand flat back vault

Floor

- 1. Cartwheel
- 2. Round off
- 3. Front limber
- 4. Back walkover
- 5. Back handspring
- 6. Full turn
- 7. Leap

Strength

- 1. 45 sec jumping jacks
- 2. 15 push ups
- 3. 15 sit ups
- 4. 15 leg lifts
- 5. Rope

Bars

- 1. Glide swings
- 2. Chin up pull over
- 3. 3 casts
- 4. Back hip circle
- 5. Squat on

Trampoline

- 1. Straddle jump
- 2. Split jump
- 3. Seat drop
- 4. Knee drop to handstand
- 5. Front handspring
- 6. Doggy drop, front tuck
- 7. Front tuck

Beam

- 1. Split jump
- 2. 1/2 turn
- 3. Handstand
- 4. Cartwheel
- 5. Side handstand dismount
- 6. Round off dismount

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"/>

AVERAGE SCORES

Flexibility:	1	2	3	4
Strength:	1	2	3	4
Trampoline:	1	2	3	4
Vault:	1	2	3	4
Bars:	1	2	3	4
Beam:	1	2	3	4
Floor:	1	2	3	4

MOVE UP?

YES NO

Notes: