Girl's Beginner
Months 3-4 Evaluations

Name: _____

Coach: _____

Day: _____

Time: _____

Date: _____

Flexibility
1. Skin the cat ☐ ☐ ☐ ☐
2. Pike ☐ ☐ ☐ ☐
3. Right split ☐ ☐ ☐ ☐
4. Left split ☐ ☐ ☐ ☐
5. Middle split ☐ ☐ ☐ ☐

Vault
1. Handstand ☐ ☐ ☐ ☐
2. Dive roll ☐ ☐ ☐ ☐
3. Arm circle, straight jump ☐ ☐ ☐ ☐
4. Running technique ☐ ☐ ☐ ☐
4. Straight jump to stick ☐ ☐ ☐ ☐

Floor
1. Cartwheel ☐ ☐ ☐ ☐
2. Forward roll ☐ ☐ ☐ ☐
3. Backward roll ☐ ☐ ☐ ☐
4. Bridge ☐ ☐ ☐ ☐
5. Leap ☐ ☐ ☐ ☐

GRADING KEY				
Does not know skill	☑	☐	☐	☐
Skills with errors	☑	☑	☐	☐
Completed skill	☑	☑	☑	☐
Mastered skill	☑	☑	☑	☑

Strength
1. Jumping jacks - 30 sec ☐ ☐ ☐ ☐
2. 10 Push ups ☐ ☐ ☐ ☐
3. High plank - 30 sec ☐ ☐ ☐ ☐
4. 10 Shoulder taps ☐ ☐ ☐ ☐
5. Mtn climbers - 30 sec ☐ ☐ ☐ ☐
5. Rope ☐ ☐ ☐ ☐

Bars
1. Chin up hold ☐ ☐ ☐ ☐
2. Chin up pull over ☐ ☐ ☐ ☐
3. Front support hold ☐ ☐ ☐ ☐
4. Cast shape hold ☐ ☐ ☐ ☐
5. Sole hang ☐ ☐ ☐ ☐

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

Trampoline
1. Tuck jump ☐ ☐ ☐ ☐
3. Straddle jump ☐ ☐ ☐ ☐
4. Split jump ☐ ☐ ☐ ☐
5. Seat drop ☐ ☐ ☐ ☐
6. Knee drop ☐ ☐ ☐ ☐
7. Doggy drop ☐ ☐ ☐ ☐

Beam
1. Releve' walks ☐ ☐ ☐ ☐
2. Straight jump ☐ ☐ ☐ ☐
3. Split jump ☐ ☐ ☐ ☐
4. Lever ☐ ☐ ☐ ☐
5. Mount ☐ ☐ ☐ ☐

MOVE UP?

YES   NO

Notes: