

Boys Rec Intermediate 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.	3 unassisted chin ups	1. 2. 3. 4.
Pike	1. 2. 3. 4.	Unassisted pull over	1. 2. 3. 4.
Skin the cat	1. 2. 3. 4.	Hang 1min 30s	1. 2. 3. 4.
Right leg split	1. 2. 3. 4.	Hanging ½ turns	1. 2. 3. 4.
Left leg split	1. 2. 3. 4.	5 unassisted swings with hollow, arch, candlestick positions shown	1. 2. 3. 4.
Middle split	1. 2. 3. 4.	Arch hollows	1. 2. 3. 4.
Bridge	1. 2. 3. 4.	5 casts to block stand or 45 degree push up position	1. 2. 3. 4.
		L hold 3s	1. 2. 3. 4.

P-bars	Star Value	Floor	Star Value
Support hold 1min	1. 2. 3. 4.	Dive roll	1. 2. 3. 4.
Push up hold 1min	1. 2. 3. 4.	Back extension roll	1. 2. 3. 4.
Rear support hold 1min	1. 2. 3. 4.	Kick handstand fwd roll	1. 2. 3. 4.
L hold 3sec	1. 2. 3. 4.	Cartwheel step in	1. 2. 3. 4.
Push ups x 15	1. 2. 3. 4.	Run hurdle round off	1. 2. 3. 4.
Seated dips x 15	1. 2. 3. 4.	Barrel back handspring	1. 2. 3. 4.
Support walk backward	1. 2. 3. 4.	Assisted or barrel front handspring	1. 2. 3. 4.
Basic swings in long hang	1. 2. 3. 4.		

Rings	Star Value	Pommel horse/mushroom	Star Value
3 unassisted chin ups and hold 3s	1. 2. 3. 4.	Support hold front, rear and side x 1min 30s	1. 2. 3. 4.
L hold 3s	1. 2. 3. 4.	Push ups x 15	1. 2. 3. 4.
Ring push ups x 5	1. 2. 3. 4.	Seated dips x 15	1. 2. 3. 4.
Support hold x 10s	1. 2. 3. 4.	Slider walks front and rear support 1 floor length	1. 2. 3. 4.
Seated dip x 3	1. 2. 3. 4.	Leg cut each side	1. 2. 3. 4.
Basic swings to inverted hang, basket and skin the cat	1. 2. 3. 4.	Stride swings	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.
Handspring over whale sideways	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.