

Tumbling 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

Strength

- 1. 45 sec jumping jacks
- 2. 15 push ups
- 3. 15 sit ups
- 4. 15 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. Seat drop
- 2. Knee drop
- 3. Doggy drop
- 4. Doggy drop front tuck
- 5. Front tuck
- 6. Back handspring

Floor

- 1. Handstand bridge
- 2. Front limber
- 3. Standing bridge
- 4. Bridge kick over
- 5. Back walk over
- 6. Back handspring
- 7. Round off

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: