

Boys Rec Beginner General Evaluation sheet

Gymnasts Name: _____ Class Day: _____ Class Time: _____
 Age: _____ Coaches Name: _____ Date: _____

Flexibility	Star Value	H-bar	Star Value		
Skin the cat	1. 2. 3. 4.	Spotted pull over	1. 2. 3. 4.		
Left leg split	1. 2. 3. 4.	5 casts (light spot)	1. 2. 3. 4.		
Right leg split	1. 2. 3. 4.	Assisted swings	1. 2. 3. 4.		
Pancake	1. 2. 3. 4.				
Bridge	1. 2. 3. 4.				
Middle Split	1. 2. 3. 4.				
Pike	1. 2. 3. 4.				
		Floor	Star Value		
		Forward roll	1. 2. 3. 4.		
		Backward roll	1. 2. 3. 4.		
		Cartwheel from lunge	1. 2. 3. 4.		
		Headstand*	1. 2. 3. 4.		
		Donkey kick	1. 2. 3. 4.		
		Arabesque	1. 2. 3. 4.		
		Mushroom/Pommel	Star Value		
		Circle walk	1. 2. 3. 4.		
		Pommel straddle hold	1. 2. 3. 4.		
		Pommel Around the world	1. 2. 3. 4.		
P-bars	Star Value				
Support straddle travel	1. 2. 3. 4.				
Assisted swings x 5	1. 2. 3. 4.				
Vault	Star Value				
Straight jump	1. 2. 3. 4.				
Tuck jump	1. 2. 3. 4.				
Dive Roll	1. 2. 3. 4.				
Rings	Star Value				
Basic swings on rings	1. 2. 3. 4.				
Pull ups on rings 5x	1. 2. 3. 4.				

Physically & emotionally ready to advance

YES

NO

Notes: _____

1 = doesn't have the skill. 2 = Has the skill with errors. 3 = Has the skill completed. 4 = Has mastered the skill.