

WELL DONE!

You have completed/attempted
the skills of Boys Stage 1



Name

Teacher

Date

YMCA Gymnastics





Name:		1	2	3	4	5
Floor	Forward roll to straight jump					
	Backward roll to tuck					
	Handstand on wall with wedge					
Pommel	Jump 1/2 turn to land					
	Penguin (straddle) swings					
Rings	Basket kick-out 3 swings					
Vault	From small run straight jump off beat-board to 30cm crashmat					
Parallel Bars	Under bar swings x 3 to land					
	L sit hold					
High Bar	Pullover with kickover					
	Jump to front support to cast					
	3x tuck swings with hips open					

5- Excellent or near perfect execution.

4- Very good execution some small errors.

3- Good execution may have many small errors or a major error.

2- Satisfactory execution and skills completed but with many errors in execution and poor posture, wobbles, uncontrolled landings.

1- Needs improvement, many major errors, or skills with coach assistance.

Comments