

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

# RECREATIONAL PROGRESSION CHECKLIST

## FLOOR

Red Team	✓	☆	🏅
Forward Roll/Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backbend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wall Handstand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel over Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purple Team	✓	☆	🏅
Forward Roll on Floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel on Floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand, Lunge, F.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backward Roll Wedge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beginner Roundoff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wall Handstand (10 sec)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Silver Team	✓	☆	🏅
Cartwheel on a line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick over on Wedge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Sec Handstand Hold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Round off w/ Rebound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hollow Body Hold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BEAM

Red Team	✓	☆	🏅
Walk across Beam on releve without falling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backwards walk without falling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Passe Hold 5 sec Right leg (posture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Passe Hold 5 sec Left leg (posture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purple Team	✓	☆	🏅
Front Kicks w/ Straight Legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight Jumps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Show a Lever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pivot Turns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk on releve, arms tight, no falls/wobbles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Silver Team	✓	☆	🏅
High Straight Jump on High beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kneel - Lever On High Beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel on Floor Beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backwards Kicks w/ Straight legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pivot Turns, High Beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BAR

Red Team	✓	☆	🏅
Jump to front support w/ straight arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hang over bar, lift chest up front support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fall forward from front support (show control)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold chin above bar 5 sec, straight legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 sec hanging tuck hold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purple Team	✓	☆	🏅
10 Tuck Ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull Up Hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L-Hold 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shoulder Shrugs in Front Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Casts in a Row	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull over using Cheese-mat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Straddle Swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Silver Team	✓	☆	🏅
Pull Over/Kick Over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Casts, straight arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back Hip Circle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jump From block to do straddle dismount	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 chin ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 leg lifts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## VAULT

Red Team	✓	☆	🏅
Run with high knees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run with butt kicks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Punch springboard with two feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straddle Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purple Team	✓	☆	🏅
Fast Run, not flat footed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tight Straight jump off of Springboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck Jump off Springboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straddle Jump off Springboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Silver Team	✓	☆	🏅
Fast Run, w/ proper arm swing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight Jump, Stick, Finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand Flatback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does underarm circle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight Jump onto high mat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forward roll onto high mat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES: \_\_\_\_\_

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### TEAM COLOR

Red
  Purple
  Silver

### SKILL LEVEL

✓ CAN DO  
 ☆ CAN DO WELL  
 🏅 MASTERED