

Novice Progress Chart

Name: _____

Vault	Bars	Beam	Floor	Tumbl Trak	Strength/ Flexibility
Deer Run	Kickover *without mat	Round Off Dismount *high beam	Handstand, Bridge Kickover	Split Jumps	5 Push Ups
5 Shoulder Shrugs *in the spiderman handstand position	Glide Swing	L Handstand *medium beam	Backbend Kickover	Wolf Jump	Rope Climb Halfway Up
Donkey Kick to a Handstand	Back Hip Circle	Straight Jump, Straight Jump *high beam	Handstand Forward Roll *straight arms not req.	Power Hurdle Cartwheel	Jump Rope 20 in a Row
Running Flatback onto Resi *with tramp board	Jump to Straddle Dismount	Leap *high beam	Round Off to Knees	3 Punch Handstands	20 Second Hollow Hold
Bounce Back with Arm Circle	Jump to Squat On	Pivot Turn *high beam	Backward Roll *straight arms down wedge	Round Off over Octagon	20 Second Arch Hold
Jump to Handstand Flatback	10 Piked Leg Lifts to Horizontal	15 Second Lock Hold *high beam	Straight Jump, Split Jump	Grasshoppers Half Way Down	5 Bridge Hops

Notes: