

Beginner Progress Chart

Name: _____

Vault	Bars	Beam	Floor	Tumbl Trak	Strength/ Flexibility
Switching Legs	Straddle Hang	Releve Walk Forward *medium beam	Forward Roll	Straight Jump Backwards	5 Push Ups *elevated hands
Spiderman Handstand	3 Casts in a Row	Walk Backwards *medium beam	Backward Roll	Tuck Jumps	Rope Climb to Top Knot
Donkey Kick Forward Roll *on a flat mat	Front Support Dismount	Straight Jump *correct arms/medium beam	Handstand *away from the wall	Straddle Jumps	10 Second Shapes Hollow Plank Arch
Running Straight Jump *onto resi using trampoline board	Squat on Floor Bar *from plank position	Dip Walks *medium beam	Cartwheel	Jump Full Turn	Jump Rope 10 in a Row
Standing Board Punch to a SLP	Kickover *using a mat	Squat Turn *medium beam	Handstand Bridge *onto elevated mat	Donkey Kicks	5 Candlestick Straight Jumps
Kick Up to Handstand, Flatback	10 Second Piked Chin Hang	Lever *low beam	Split Jump	Tuck Jump, Straddle Jump, Jump Full Turn Combo	Split

Notes: