

GIRLS BEGINNER GOALS

Beginner 1	Beginner 2	Beginner 3
FLOOR	FLOOR	FLOOR
Forward roll (with mat)	Rolls: tuck, pike, straddle	Handstand fwd roll w/ mat
Backward roll (with mat)	Backward roll	Handstand bridge
Split Handstand (on block)	Vertical handstand	Bridge kickover
3/4 handstand (on block)	Cartwheel	Round off from lunge
Bridge	Bridge 1 leg up	Bridge from standing
VAULT	VAULT	VAULT
Basic jump onto springboard	Running Jump w/ mini tramp	Running jump w/ springboard
Wall handstand 5 sec hold	*Arm circle drills	Handstand flatback from step
*Obstacle course	*Running drills	*Jump to table w/ mini tramp
BARS	BARS	BARS
Pullover on B1 bar	Pullover kick up w/ mat	Pullover unassisted from floor
Forward Roll on B1 bar	Forward roll with good form	Fwd roll to captain hook hold
Front Support	Chin hold (3-5 sec)	Casting (3 -5 in a row)
*Rope swing/climb	Squat on (step up)	*Squat on (from jump)
*Climbing on stall bars	*Captain hook drills	*Glide swings
BEAM	BEAM	BEAM
Forward walk	Forward walk releve	Jumps combinations
Backward walk	Backward walk releve	Lever showing 5 points
Bunny hops	2 straight jumps connected	Heel snap turn
*Positions on place	Teeter totter	Split leg handstand (low beam)
(passé, squat, arabesque)	Quarter pivots	*Full handstand (floor beams)

*Not tested during class assessments

2022