

INTERMEDIATE 1-3 GOALS

INT 1	INT 2	INT 3
FLOOR	FLOOR	FLOOR
Stand up from bridge	Front limber	Front handspring
Straight Arm Back Roll to Push up off Mat	Straight Arm Back Roll to Push Up on Floor	Back extension to handstand
Tick - Tock (hs split, bridge 1leg, and back)	Back walkover	Front walkover
BHS over lemon mat	Spotted BHS on wedge	Back handspring (unassisted)
Round off w/ rebound	Roundoff rebound jump back to rezi	Roundoff BHS with spot
Step leap (slow, landing on one leg)	Chasse step leap	Leap series (leap + jump connection)
Half turn	Full turn	Aerials*
VAULT	VAULT	VAULT
Handstand flatback vault on rezi	Front handspring over resi	Front handspring over table
Jump onto table	Jump to table raised higher*	Roundoff over resi
Handstand hop (drill)*	Handstand hop to flatback drill*	
BARS	BARS	BARS
Pullover with feet together	Pullover from hang	Conditioning routine (10 sec positions)
Back hip circle (with spot)	Back hip circle	Undershoot
Cast to horizontal	Cast to squat	Cast to squat, jump to high bar
Glide swing to jump pullover	Glide swing to captain hook	Glide kip
Squat on (jump from bock)*	Conditioning routine (5 sec positions)*	Tap swings *
BEAM	BEAM	BEAM
Split jump (90 degrees)	Split jump 120 degrees	Split jump 180 degrees
Leap (slow, landing one leg)	Leap 120 degrees from steps	Leap + jump connection
3/4 Handstand	Vertical handstand	Cartwheel
Side handstant flatback on mat	Side handstand 1/4 turn dismount	Round off / Front handspring dismounts
Passe half turn*	Passe half turn	Passee full turn
	Cartwheel on low beam*	Make up individual routines*

*Not tested during class assessments

2023