

BOYS GYMNASTICS GOALS

Boys Beginner 1	Boys Beginner 2	Boys Intermediate
FLOOR	FLOOR	FLOOR
Forward roll (with mat)	Handstand	Handstand Forward Roll Straight Arms
Backward roll (with mat)	Forward Roll on Floor	Straight Arm Backward Roll to Pushup
Split Handstand (on block)	Backward Roll on Floor	Straddle up handstand
3/4 Handstand (on block)	Cartwheel (star)	Hurdle Roundoff
Bridge	VAULT	VAULT
	Arm circle straight jump (same height)	Straight Jump w/ Arm Swing
VAULT	HIGH BAR	HIGH BAR
Basic jump onto springboard	10 Sec. Chin-Hold or 3 Chin-ups	Cast undershoot
Wall handstand 5 sec hold	Swings w/ Re-grip 3x	Feet Together Pull Over
	Pullover (assisted with bar/mat)	Cast Back Hip Circle
BARS	Forward Roll to Chin-up	P-BARS
Kickover on B1 bar	P-BARS	Straddle J Hold - 5 Seconds Against Wall
Forward Roll on B1 bar	Support travels length of bars	3 Swings Above Horizontal
Front Support	L-Hold 15-Seconds+	Tuck Planche
	Tuck hold 10 seconds/low planche	RINGS
RINGS	RINGS	5sec Chin Hold to 5sec L-Hold
Chin up Rings (5 seconds)	3 swings to candle stick	Swing to Inverted Hang
L-Hold Rings (5 seconds)	Skin the Cat	Skin the Cat + Pull through
5 push ups	POMMEL HORSE	Support Hold
10 sit ups	Walks down horse	Lever to hang
	Swing to quarter	Swings above horizontal
	Swing to 3/4 circle	POMMEL HORSE
		Full Circle

2025

2025

2025