

# Boys Rec Intermediate General Evaluation sheet

Gymnasts Name: \_\_\_\_\_ Class Day: \_\_\_\_\_ Class Time: \_\_\_\_\_  
 Age: \_\_\_\_\_ Coaches Name: \_\_\_\_\_ Date: \_\_\_\_\_

| Flexibility     | Star Value  | Bars                | Star Value  |
|-----------------|-------------|---------------------|-------------|
| Pancake         | 1. 2. 3. 4. | Hanging half turn   | 1. 2. 3. 4. |
| Pike            | 1. 2. 3. 4. | Pull-over           | 1. 2. 3. 4. |
| Skin the cat    | 1. 2. 3. 4. | Cast to 45 degrees  | 1. 2. 3. 4. |
| Right leg split | 1. 2. 3. 4. | Cast back hipcircle | 1. 2. 3. 4. |
| Left leg split  | 1. 2. 3. 4. | Swings (5-6x)       | 1. 2. 3. 4. |
| Middle split    | 1. 2. 3. 4. | Leg lifts (5x)      | 1. 2. 3. 4. |
| Bridge          | 1. 2. 3. 4. | Glide swings        | 1. 2. 3. 4. |
|                 |             | Hollow hold 30 sec  | 1. 2. 3. 4. |

| P-bars                     | Star Value  | Floor                                      | Star Value  |
|----------------------------|-------------|--|-------------|
| Under bar swings (5)       | 1. 2. 3. 4. | Handstand forward roll                     | 1. 2. 3. 4. |
| Back uprise from under bar | 1. 2. 3. 4. | Cartweel to star cartweel step in conected | 1. 2. 3. 4. |
| Upper arm swings (5x)      | 1. 2. 3. 4. | Straight arm backward roll                 | 1. 2. 3. 4. |
| Support swings (5x)        | 1. 2. 3. 4. | Headstand (5 sec)                          | 1. 2. 3. 4. |
| Swing Dismount             | 1. 2. 3. 4. | Jump full twist                            | 1. 2. 3. 4. |
| L-hold 5 sec               | 1. 2. 3. 4. | Round off rebound                          | 1. 2. 3. 4. |
| Straddle hold 5 sec        | 1. 2. 3. 4. | Scale hold (10 sec)                        | 1. 2. 3. 4. |
| Dips on the P-bars (5x)    | 1. 2. 3. 4. | Dive roll to 8 incher                      | 1. 2. 3. 4. |
|                            |             | Handstand fall to bridge                   | 1. 2. 3. 4. |

| Rings                                   | Star Value  |
|---|-------------|
| Pull up 3x                              | 1. 2. 3. 4. |
| Hanging L-hold                          | 1. 2. 3. 4. |
| Swings 3-5x                             | 1. 2. 3. 4. |
| Swing to inverted hang                  | 1. 2. 3. 4. |
| Inverted pike hold                      | 1. 2. 3. 4. |
| Skin the cat pull back to pike          | 1. 2. 3. 4. |
| Tuck hold on rings                      | 1. 2. 3. 4. |
| Support or tuck hold, roll back to pike | 1. 2. 3. 4. |

| Trampoline          | Star Value  |
|---------------------|-------------|
| Straddle jump       | 1. 2. 3. 4. |
| Pike jump           | 1. 2. 3. 4. |
| Seat, doggy, roll   | 1. 2. 3. 4. |
| Seat drop half turn | 1. 2. 3. 4. |
| Swivle hips         | 1. 2. 3. 4. |
| Back drop pullover  | 1. 2. 3. 4. |
| Front flip          | 1. 2. 3. 4. |
| Back flip           | 1. 2. 3. 4. |

| Vault                     | Star Value  |
|---------------------------|-------------|
| Straight jump             | 1. 2. 3. 4. |
| Dive roll                 | 1. 2. 3. 4. |
| Front flip                | 1. 2. 3. 4. |
| Kicck handstand flat back | 1. 2. 3. 4. |

Notes:

|                          |                          |
|--------------------------|--------------------------|
| <b>Ready to move up?</b> |                          |
| YES                      | <input type="checkbox"/> |
| NO                       | <input type="checkbox"/> |

1 = doesn't have the skill. 2 = Has the skill with errors. 3 = Has the skill completed. 4 = Has mastered the skill.