



Skills Assessment: Gymnastics



1 Travelling

STRAIGHT LEG STEPPING	☆☆☆☆☆
BEND LEG STEPPING	☆☆☆☆☆
SIDWAYS STEPPING	☆☆☆☆☆
CAT/SCISSOR/STAG LEAP	☆☆☆☆☆
SCISSONE LEAP	☆☆☆☆☆
SPINNING ON POINT	☆☆☆☆☆
SPINNING WITH TRAVEL	☆☆☆☆☆
TRANSITIONS	☆☆☆☆☆
LINKING ACTIONS	☆☆☆☆☆
ROUND OFF	☆☆☆☆☆

Level

2 Rolling

LOG ROLL	☆☆☆☆☆
EGG ROLL	☆☆☆☆☆
SIDE ROLL	☆☆☆☆☆
TEDDY BEAR ROLL	☆☆☆☆☆
FORWARD ROLL	☆☆☆☆☆
DANCE ROLL	☆☆☆☆☆
SAFETY ROLL	☆☆☆☆☆
CARTWHEEL	☆☆☆☆☆
HANDSTAND FWD ROLL	☆☆☆☆☆
DIVE FORWARD ROLL	☆☆☆☆☆

Level

3 Balance

LARGE BODY PARTS	☆☆☆☆☆
1 POINT BALANCE	☆☆☆☆☆
2/3 POINT BALANCE	☆☆☆☆☆
COUNTERBALANCE	☆☆☆☆☆
COUNTER TENSION	☆☆☆☆☆
WEIGHT-ON BALANCE	☆☆☆☆☆
HEADSTAND	☆☆☆☆☆
HANDSTAND	☆☆☆☆☆

Level

4 Jump & Flight

STRETCH JUMP	☆☆☆☆☆
STAR/TUCK JUMP	☆☆☆☆☆
LANDING WITH CONTROL	☆☆☆☆☆
HALF TURN	☆☆☆☆☆
FULL TURN	☆☆☆☆☆
SQUAT ON/OFF	☆☆☆☆☆
SQUAT THROUGH	☆☆☆☆☆
STRADDLE VAULT	☆☆☆☆☆
HANDSPRING	☆☆☆☆☆
HANDSPRING ON VAULT	☆☆☆☆☆

Level

Student Assessment

Comments...

Assessed level