

**Forward 2 foot landing (hip height)**

Mastered	Learning	Attempted
----------	----------	-----------

**Backward 2 foot landing (knee height)**

Mastered	Learning	Attempted
----------	----------	-----------

**Backward safety roll to feet down incline**

Mastered	Learning	Attempted
----------	----------	-----------

**Land on back on 8" safety mat from sole hang**

Mastered	Learning	Attempted
----------	----------	-----------

**Skips**

Mastered	Learning	Attempted
----------	----------	-----------

**Chassés**

Mastered	Learning	Attempted
----------	----------	-----------

**Forward roll to feet**

Mastered	Learning	Attempted
----------	----------	-----------

**From front support, forward rotation to stand**

Mastered	Learning	Attempted
----------	----------	-----------

**Front to back to front support on floor**

Mastered	Learning	Attempted
----------	----------	-----------

**Jump 1/2 turn**

Mastered	Learning	Attempted
----------	----------	-----------

**3 to 5 step run to 2 foot take off on beat board**

Mastered	Learning	Attempted
----------	----------	-----------

**From stand, jump on knee height apparatus**

Mastered	Learning	Attempted
----------	----------	-----------

**Straight jump from knee height apparatus**

Mastered	Learning	Attempted
----------	----------	-----------

**2 & 3 point balances**

Mastered	Learning	Attempted
----------	----------	-----------

**Tripod balance**

Mastered	Learning	Attempted
----------	----------	-----------

**Hangs**

Mastered	Learning	Attempted
----------	----------	-----------

**Inverted hangs**

Mastered	Learning	Attempted
----------	----------	-----------

**Left & right side supports**

Mastered	Learning	Attempted
----------	----------	-----------

**3 small long hang swings**

Mastered	Learning	Attempted
----------	----------	-----------

**3 front support swings (cast) - hips on bar**

Mastered	Learning	Attempted
----------	----------	-----------

