

Forward 2 foot landing (waist height)

Mastered	Learning	Attempted
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Backward 2 foot landing (hip height)

Mastered	Learning	Attempted
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Cast, push away from bar to land on feet

Mastered	Learning	Attempted
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In front support, trace a 1/2 circle (180°) with hands

Mastered	Learning	Attempted
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Locomotions in supports

Mastered	Learning	Attempted
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Forward roll from knee height apparatus

Mastered	Learning	Attempted
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Tripod balance roll out (tucked position)

Mastered	Learning	Attempted
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Elevated support facing wall (3 sec), forward roll

Mastered	Learning	Attempted
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Backward roll down incline

Mastered	Learning	Attempted
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Skin the cat to feet

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Hollow body log roll

Mastered	Learning	Attempted
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Run, jump onto knee height apparatus (with beat board, no hands)

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Run, jump onto waist height apparatus (with beat board, with hands)

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2 foot springs over, up and off objects

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Front to stride to back support

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Straight body inverted hang

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Tucked L-hang

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Cross support

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3 pendular swings

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3 glide swing progressions

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Comments:

Coach name:

Please register: (Child's name)

in (Badge level)

next session.



GYMnastics
nastique
CANADA

Badge 3
Tan

Name:

Session dates:

Class time: