

**Straight arm backward roll down incline**

Mastered	Learning	Attempted
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**Handstand forward roll**

Mastered	Learning	Attempted
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**Press headstand**

Mastered	Learning	Attempted
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**Series of 3 cartwheels**

Mastered	Learning	Attempted
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**Round-off**

Mastered	Learning	Attempted
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**Front support walk feet in circle**

Mastered	Learning	Attempted
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**Pendular swing in front support**

Mastered	Learning	Attempted
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**Cross support – assisted**

Mastered	Learning	Attempted
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**Rear hang, tucked pull out to piked inverted hang**

Mastered	Learning	Attempted
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**Long hang swing, feet at shoulder height in front swing**

Mastered	Learning	Attempted
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**Handstand on floor “POP” up to flat back onto 8” safety mats**

Mastered	Learning	Attempted
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**Dive roll with beat board & mini trampoline onto 1m piled mats**

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**5 cross support swings feet at bar level**

Mastered	Learning	Attempted
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**Cross support to upper arm support**

Mastered	Learning	Attempted
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**Glide swing**

Mastered	Learning	Attempted
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**Swing to pike inverted hang**

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**Cast – feet to bar height (5 times)**

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**Beat swing to initiate long hang swing**

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**Long hang swing, release on forward swing to land on back on incline – assisted**

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**Pullover, bar at head height**

Mastered	Learning	Attempted
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