

**Handstand on floor "POP" up to flat back onto 8" safety mats**

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

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

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

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

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

**Glide swing to stretched body position**

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

**Beat swing to initiate long hang swing**

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

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

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

**Pullover, bar at head height**

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

**Various walks and runs**

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

**Forward roll to sit**

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

**Backward shoulder roll to kneel – assisted**

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

**Round-off dismount**

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

**One element from CANGYM Group A – Dance**

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

**Straight arm backward roll down incline**

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

**Handstand forward roll**

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

**Press headstand**

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

**Series of 3 cartwheels**

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

**Round-off**

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

**Walk on 1/2-pointe on beam**

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

**Pivot turn (interior & exterior) on floor & beam**

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

**Battement to 45° (flat foot) on floor**

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

