



# Puget Sound Gymnastics

Name \_\_\_\_\_

Junior Olympic Level 1 Skill Achievement Chart

Vault	Bars	Beam	Floor
☆ Run, Jump, & "Freeze" Proper form run	☆ Pike & Straddle glide	☆ Front Support mount to Tuck-sit to V-sit—5 sec.	☆ Forward Roll/tuck/straddle
☆ Underswing Hurdle	☆ 5 mixed grip walks	☆ Push up to Squat/stand	☆ Backward roll
☆ Stiff drill between mats	☆ Pullover –light spot	☆ Forward, Side, Backward walk on toe	☆ 1,2,3,4 cartwheel
☆ Run Tuck Jump up to 24" block	☆ Back hip—light spot	☆ Arabesque hold 3 sec.	☆ Leg swings proper form
☆ Run Squat on to block,jump off and stick	☆ 3 casts in a row/pushaway on cast 3	☆ Lunge T Lever hold	☆ Posse jump/jump half turn
	☆ 10 second chin-up hold	☆ Jump down "Freeze"	☆ Handstand hold on block with lever in/out
	☆ 3 bent knee lifts to basket	☆ Releve releve lock	☆ R/L/M splits 100 degrees
		☆ Coupe walks with melt	☆ Proper form candle/posse jump
		☆ Pivot turn	☆ Bridge/str. Arms and legs
			☆ Hamstring toe touch
			☆ Level 1 floor routine no verbal cues

## Supplemental Skills

VAULT	BARS	BEAM	FLOOR
Straddle on	Toes to bar Chin to bar	Pivot Scale	Fwd. roll w/ Straight arms Backward Roll straight arms

## Safety Quiz

- When falling down, you should not put your hands down to catch yourself.  
True or False
- When off Balance you should: \_\_\_\_\_
- Jumping in the pit you should land on your: \_\_\_\_\_

Answers 1. True 2. Freeze 3. Feet

Did you earn  
all of your  
stars?

You are ready for the Junior Olympic Level  
2 chart and class. Continue to register at  
the front desk for the J.O. Level 1/2 class.

# Congratulations!