



Puget Sound Gymnastics

Name _____

REC 1 Beginner Skill Achievement Chart

Vault	Bars	Beam	Floor
☆ Run, Jump, & "Freeze"	☆ Tuck, Pike & Straddle glide	☆ Front Support mount	☆ Forward Roll
☆ Hurdle Jump to 2 feet	☆ Mixed Grip Hang	☆ Tuck-sit	☆ Scale—split leap
☆ Straight Jump up to 12" block stick	☆ Front support 5 sec. hollow	☆ Squat/stand	☆ Jump with half turn and posse jump
☆ Tuck Jump up to 24" block	☆ 3 Cast swings	☆ Forward, Side, Backward walk	☆ Lunge & Modified Lever
☆ Squat on to block jump off and stick 36"	☆ Forward Roll off	☆ Forward Kicks	☆ Handstand with support
	☆ 3 bent knee lifts to basket	☆ Lunge and pivot turn	☆ Cartwheel Drill over panel
		☆ Jump down "Freeze"	☆ 3 Candle stick tuck jumps
			☆ Bridge with feet elevated
			☆ Hamstring toe touch, pike and straddle position
			☆ 3 pushups/hollow hold 5 sec

Supplemental Skills

VAULT	BARS	BEAM	FLOOR
Straddle on	Toes to bar	Dip walks	Fwd. roll w/ 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 Rec. 2 chart and class. Register at the front desk for the Rec. 2 class.

Congratulations!