



Puget Sound Gymnastics

Name _____

REC III Skill Achievement Chart

Vault	Bars	Beam	Floor
☆ Straddle onto vault with board	☆ Glide pull-over—lt. spot	☆ Tucked Candlestick roll up to squat turn/push to bridge on low	☆ Tripod Headstand
☆ Tuck Jump onto Vault w/ tramp	☆ Stride Position hold 5 sec.	☆ Pivot, pivot	☆ Chasse, hurdle step, CW
☆ 10 run steps to straight jump on mat kick to handstand fall flat	☆ Back hip circle light spot	☆ 2 Stretch jumps	☆ Handstand proper body Position –hold 1 second 3 second “T” lever hold
☆ Bounce, bounce, bounce Handstand fall flat on tramp-	☆ Cast Push away	☆ Split Leap	☆ Bridge Kick over from panel
☆ Cartwheel to handstand fall flat on 8-incher	☆ Straddle lift toes 3 times (Above horizontal)	☆ Lunge to baby handstand	☆ Handstand Forward Roll bent arms
	☆ 5 pushups, 20 sec. hollow hold	☆ Scale hold 2 sec.	☆ Round Off from Panel mat- proper hand placement
		☆ Tuck Jump Sideways dismount-FREEZE	☆ Backward roll to pike
			☆ Straight body Candle roll
			☆ Bridge from a stand to cheese

Supplemental Skills

VAULT	BARS	BEAM	FLOOR
Jumping onto the vault	Straddle on Underswing	Mini Handstands Straddle on	Limbers Step/run hurdle step

Safety Quiz

- While casting on the bars, the elbows should be: STRAIGHT BENT
- When doing a HANDSTAND FORWARD ROLL, you should:
 - Pass through the handstand quickly, immediately bend your arms and legs to perform the roll.
 - Hold a straight/tight handstand, keep your arms and legs straight while leaning into a candlestick position before bending your knees to stand up.
- When on the beam, you should look?: At your feet At the end of the beam

Answers 1. Straight 2. B 3. end of the beam

Keep up the hard work. You're

You are ready for the Rec. 3 advanced chart and class. Register at the front desk for the Rec. 3 advanced class.

Congratulations!