

CHILDS NAME \_\_\_\_\_

# GIRLS LEVEL 3 EVALUATION SHEET

*Must complete 100% of skills tested to Move Up to the next level*

### Vault:

- Run - correct arms
- 2 foot jump to platform
- Arm circle
- Stick (arms up)
- 3 Connected Straight Bounces with Arm Circle
- Handstand flat back

### Beam:

- Lever touch to lunge
- Side handstand dismount (spot)
- Pivot turn/Pivot turn
- Straight jump/Straight jump (circle) (crown)

### Bars:

- Pullover (no jump)
- Cut over, cut back
- Straddle dismount
- Cast Back Hip Circle (Straight arms)
- Glide to 45 degrees
- Handstand fwd. roll
- Back roll to push up (hands in)
- Round off
- Split jump
- Chasse, leap
- Back bend kickover

*shaping:*  Tight Body (10 sec.)  Hollow (10 sec.)  Arch (Superman) (10 sec.)

Something Great about Me:

\_\_\_\_\_  
\_\_\_\_\_

Something for me to work on:

\_\_\_\_\_  
\_\_\_\_\_

Coach's Name:

\_\_\_\_\_

Ready to move up \* or  Staying in current level

Evaluation Key:  = Completed  = Partially Complete

\* If your child is ready to move up please go onto the Parent Portal on our website to request a class in their new level.

Please contact us if you have trouble changing classes.



[www.legacygymnastics.com](http://www.legacygymnastics.com)

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### Floor:

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Something Great about Me:

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\_\_\_\_\_

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