Orlando METRO GYMNASTICS

Beginner Tumbling

Evaluation Booklet

Gymnast Name: _____

How it works

- Each skill must be completed 3 times.

- Once completed your coach will initial by the skill along with the date.

- Once all skills in booklet are completed you advance to Intermediate Classes.

- In order to switch classes a parent must take the signed booklet to the office , select new class and complete class transfer form.

My personal goals

1. _____
2. _____
3. _____
4. _____
5. _____

Gymnast has been promoted to Intermediate Classes.

_____ _____

Coach Signature Date

*take signed booklet to office to schedule your class transfer

Evaluation Skill Booklet

Beginner Tumbling

Floor & Rod Floor

Skill	Completed	Date
• Chasse both legs, chasse split leap, 1/2 toe turn (girls only)	_____	_____
• Jumps: straight, tuck, straddle (3 in a row)	_____	_____
• Candle stand	_____	_____
• Forward roll	_____	_____
• Forward straddle roll	_____	_____
• Backward roll	_____	_____
• Backward roll into push up position	_____	_____
• Backward straddle roll	_____	_____
• Back extension on cheese mat (bent arms ok)	_____	_____
• Bridge head off floor (hold for 3 sec)	_____	_____
• Bridge hold 1 leg up at least 5 sec	_____	_____
• Backbend	_____	_____
• Bridge kick over down cheese mat	_____	_____
• Back walkover	_____	_____
• Kick up to L handstand	_____	_____
• Handstand	_____	_____
• Handstand forward roll	_____	_____
• Handstand land in bridge	_____	_____
• Front limber	_____	_____
• Cartwheel	_____	_____
• Cartwheel step in	_____	_____
• Round off	_____	_____

Evaluation Skill Booklet

Beginner Tumbling

Floor & Rod Floor (cont.)

	Completed	Date
• Round off rebound	_____	_____
• Round off flat back onto vault mat mat or resi	_____	_____
• Standing back handspring on cheese mat or resi	_____	_____
• Round off flat back handspring to 8”	_____	_____
• Round off back handspring (can be onto resi)	_____	_____
• Front walkover	_____	_____
• Front handspring from panel mat to resi	_____	_____
• Front handspring from panel mat to floor	_____	_____
• Front handspring to resi	_____	_____
• Front handspring to floor	_____	_____

Flexibility

Skill	Completed	Date
• Favorite leg split (3/4 way to the ground)	_____	_____
• Opposite leg split (1/2 way to the ground)	_____	_____
• Straddle leg split (1/2 way to the ground)	_____	_____
• Bridge with strong arms & feet flat on the ground	_____	_____
• Pike stretch (toes touch with straight legs)	_____	_____
• Straddle stretch (arms straight reaching forward past toes)	_____	_____

Evaluation Skill Booklet

Beginner Tumbling

Strength & Conditioning

Skill	Completed	Date
• 5- one leg squats (with each leg)	_____	_____
• 10- two leg jump ups to panel mat (in a row)	_____	_____
• 10– leg lifts tuck (2 sets, all the way to chin)	_____	_____
• 10– leg lifts pike (2 sets, at least 90°)	_____	_____
• Hollow hold on back (20 sec)	_____	_____
• Hollow hold face down (20 sec)	_____	_____
• 5 push-ups	_____	_____
• 3 pull-ups on high bar (chin over bar)	_____	_____
• Rope	_____	_____
• 30 sit ups (hold legs down)	_____	_____

Tumble Track

Skill	Completed	Date
• Straight jumps (all the way down)	_____	_____
• Tuck jumps (all the way down)	_____	_____
• Straddle jumps (legs at 120°, all the way down)	_____	_____

Evaluation Skill Booklet

Beginner Tumbling

Tumble Track (cont.)

	Completed	Date
• Pike jumps (legs at 45°, all the way down)	_____	_____
• Right leg split jumps (legs at 120°, all the way down)	_____	_____
• Left leg split jumps (legs at 120°, all the way down)	_____	_____
• Jump, 1/2 turn, freeze	_____	_____
• Jump, full turn, freeze	_____	_____
• Forward ping pong (hollow position 10x)	_____	_____
• Backward ping pong (hollow position 10x)	_____	_____
• Handstand (lunge, handstand, lunge)	_____	_____
• Cartwheels (consecutive, all the way down)	_____	_____
• Round off	_____	_____
• Round off rebound	_____	_____
• Standing back handspring	_____	_____
• Round off back handspring	_____	_____
• Front handspring	_____	_____
• Front tuck into pit	_____	_____
• Front tuck on tumble track (can land on mat)	_____	_____
• Standing back tuck on tumble track (or off trak onto mat) w/ light spot	_____	_____

Orlando METRO GYMNASTICS

Avalon Park Location:

14170 E. Colonial Drive, Orlando, FL 32826 (407)207-4110

Crystal Lake Location:

3212 Curry Ford Rd, Orlando, FL 32806 (407)644-0847

Lake Mary Location:

1180 Emma Oaks Trail, Lake Mary, FL 32746 (407)333-0907

LB McLeod Location:

4658 LB McLeod Rd, Orlando FL 32811 (407)246-1200

St. Cloud Location:

1421 Hamlin Avenue, St. Cloud FL 34771 (407)556-3174

www.orlandometrogyms.com