



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

Strength & Conditioning

Skill

- 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)



Completed

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tumble Track

Skill

- Straight jumps (all the way down)
- Tuck jumps (all the way down)
- Straddle jumps (legs at 120°, all the way down)

Completed

Date

_____	_____
_____	_____
_____	_____

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 track onto mat) w/ light spot	_____	_____



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Thank you for choosing Orlando Metro Gymnastics!