

# Spearfish Gymnastics Academy

## Levels 1-5 CAN DO PROGRAM

Name: \_\_\_\_\_ Teacher \_\_\_\_\_

Vault	skill #	pass	Bars	skill #	pass
<b>Level 1 Skills</b>			<b>Level 1 Skills</b>		
Short run - Board Hit - Land and Stick	1		Jump to Front Support	21	
Squat on 2 Boxes or Horse	2		Front Roll Down	22	
Lay flat in perfect Landing Position	3		Glide 1x - Pike or Straddle	23	
<b>Level 2 Skills</b>			<b>Level 2 Skills</b>		
Handstand fall flat from elevated surface	4		3 Straight Arm Casts	24	
Squat over 2 or 3 Boxes	5		Pullover (Bar at shoulder height)	25	
Jump and stick landing (off of Vault)	6		Back Hip Circle	26	
<b>Level 3 Skills</b>			<b>Level 3 Skills</b>		
Bounce on Board to Handstand on 1 Box land on flat back (on mat)	7		Lift leg over bar to stride support and then bring back over to front support	27	
<b>RUN</b> -Hit board and under arm swing to Handstand on Port-a-Pit	8		Front Hip with a spot	28	
<b>RUN</b> -Hit board to handstand on 2 boxes Skill must be spotted	9		Stride Circle with a Spot	29	
<b>Level 4 Skills</b>			<b>Level 4 Skills</b>		
Handspring over 2 Boxes into pit	10		Single Leg shoot through	30	
Handspring over 2 boxes to stand on mat	11		Under swing with spot	31	
Handspring onto Porta-pit with straight body to back on Port-a Pit	12		1 Cast to Horizontal	32	
<b>Level 5 Skills</b>			<b>Level 5 Skills</b>		
Handspring onto Port-a-Pit land on back - straight body with flight	13		Front hip circle - no spot	33	
Count Steps to Handspring over 2 boxes Boxes turned long way	14		Level 4 Routine with light spot for safety	34	