

Spearfish Gymnastics Academy

Levels 1– 5 CAN DO PROGRAM

Name: _____ Teacher _____

Beam	skill #	pass	Tumbling	skill #	pass
Level 1 Skills			Level 1 Skills		
Releve` walks	41		Front Roll tuck	61	
Introduce Split leap over Bean Bag	42		Back roll tuck down wedge	62	
Arabesque - hold 3 secs	43		Headstand against Mat or wall	63	
Level 2 Skills			Level 2 Skills		
Coupe` Walk Length of Beam	44		Bridge	64	
Stretch Jump on Low Beam	45		Handstand against mat or wall	65	
Pivot turn on Low Beam	46		Splits Routine Leg to 90 degrees	66	
Level 3 Skills			Level 3 Skills		
Scale hold for 3 Seconds	47		Cartwheel Medium Execution	67	
Tuck Jump and land on low beam	48		Round-off off raised surface	68	
Side Handstand drill against the mat	49		Bridge Kickover from raised surface	69	
Kick to Cross handstand w/ spot	50		Backhandspring in Belt on tramp	70	
Level 4 Skills			Level 4 Skills		
Level 4 mount to stand on Med Beam	51		Handstand hold over to bridge and hold	71	
Straight jump to tuck jump on Low Beam	52		Back Roll to Push up Position	72	
3/4 Cross Handstand on Low Beam	53		Split Leap to 90 degrees	73	
Level 5 Skills			Level 5 Skills		
Heel Snap turn Med or High Beam	54		Run and hurdle into Round-off	73	
Split Leap 120 on Med Beam	55		Bridge Kick over on Flat surface	74	
Cartwheel to Handstand Dismount	56		Dive Roll onto 8 inch mat	75	
Level 4 Routine with safety spot	57		Backhandspring with light spot	76	
			Back Walkover with light spot	77	
			Level 4 Floor Routine w/safety spot	78	