

# Spearfish Gymnastics Academy

## Levels 1– 5 CAN DO PROGRAM

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

Rings	skill #	pass	Tumbling	skill #	pass
<b>Level 1 Skills</b>			<b>Level 1 Skills</b>		
L hang 5 secs	41		Front Roll tuck	61	
Small Swing 5x (good form) no height	42		Back roll tuck down wedge	62	
Pull up with head between rings 3 secs	43		Headstand against Mat or wall	63	
<b>Level 2 Skills</b>			<b>Level 2 Skills</b>		
Pull to Tuck Inverted Hang	44		Bridge	64	
Bent Leg Basket	45		Handstand against mat or wall	65	
Skin the Cat (Drop and Stick)	46		Splits Routine Leg to 90 degrees	66	
<b>Level 3 Skills</b>			<b>Level 3 Skills</b>		
Swing to Horizontal - front swing	47		Cartwheel Medium Execution	67	
L-Support Low or High Rings 3 secs	48		Round-off off raised surface	68	
Skin the Cat Pull Out	49		Bridge Kick over from raised surface	69	
Front Roll on Low Rings	50		Back handspring in Belt on tramp	70	
<b>Level 4 Skills</b>			<b>Level 4 Skills</b>		
Front Roll on High Rings - light spot	51		Handstand hold over to bridge and hold	71	
Inlocate 2 x with light spot	52		Back Roll to Push up Position	72	
Pull to Support 3 times (light assistance)	53		Split Leap to 90 degrees	73	
<b>Level 5 Skills</b>			<b>Level 5 Skills</b>		
Shoulder Stand 2 secs Low Rings	54		Run and hurdle into Round-off	73	
Dislocate with Spot	55		Bridge Kick over on Flat surface	74	
Back Uprise with Spot	56		Dive Roll onto 8 inch mat	75	
Flyaway	57		Backhandspring with light spot	76	
			Back Walkover with light spot	77	
			Level 4 Floor Routine w/safety spot	78	