

Improvers Testing

Gymnast:

Date of Birth -

Date of Test -

Vault

1 - Good Enough, 0 - Not Good Enough

Handspring flat back - block and 2x safety mats

Bars

1 - Good Enough, 0 - Not Good Enough

Upward Circle

Cast

Back Hip Circle

5 Swings with re-grasp

Beam

1 - Good Enough, 0 - Not Good Enough

Handstand

Cartwheel on high beam

Round off dismount off high beam

½ Spin

Split Jump

Floor

1 - Good Enough, 0 - Not Good Enough

Back Walkover or Forward Walkover

One handed cartwheel

Round Off

Full Spin

Handstand forward roll

Backward Roll to Front Support

Cat Leap Split Leap Connected

Flexibility

2 - Done Well, 1 - Good Enough, 0 - Not Good Enough

Right Leg Splits

Left Leg Splits

Bridge

Attitude to class & training

2 – Excellent (engages well with full session)
 1 – Good (engages with majority of the session)
 0 – Needs improvement (lack of engagement overall)

Total Score (max 25)

		Amount	Present
Attendance	September to present		
Competitions	External		
	Internal		
Notes			