



EXCEL 3 SKILLS

Floor									
Roundoff, back handspring									
Front handspring									
Front handspring stepout, roundoff									
Front tuck									
Aerial cartwheel									
Press handstand from block									
Other tumbling lines (ex. Front hand spring; round off; back handspring)									
Vault									
½ on									
Handspring with beat board									
Handspring, half off									
Beam									
Handstand mount									
Cartwheel (high beam)									
Handstand (high beam)									
Walkover (Back and Front)									
Front tuck dismount									
Cartwheel, back tuck dismount									
Wolf jump (high beam)									
Jump ½ turn (high beam)									
Split leap (high beam)									
Split jump (high beam)									
Full turn (high beam)									
Parallel Bars									
Front uprise									
Rear uprise									
Kip									
Shoulder stand/front roll									
Swing to handstand									
Wende									
L-sit									
Long hang uprise to upper arm									
Pommels									
Circles (single/ double leg)									
Scissors									
Single leg cut									
Walk around									
Rings									
Muscle up									
Back uprise									
Handstand									

Initial Developing: • Emerging Developing: / Competent: X Proficient: (X)





Active Kids

School of Kinesiology

Rings cont.								
Levers								
Layout ½ fly away								
Front roll								
Back roll								
Shoulder stand								
Uneven and High Bars								
Kip								
Flyaway								
Sole circle								
Cast to horizontal								
Pike on								
Bar routine (ex. Pullover; back hip circle; tuck on; long swing pullover; baby giant; straddle dismount)								
Trampoline								
Back tuck								
Back pike								
Back straight								
Barani								
Front layout								
Front pike								
Font tuck								
Back handspring								

Initial Developing: • Emerging Developing: / Competent: X Proficient: (X)

