

Name: _____ CLASS: _____ Date: _____

Intermediate 1 Girls Skills List

Vault Skills and Physical Abilities	Bar Skills
5 push ups	Cast back hip circle
Running with knees up and kicking behind	3 cast-hips off bar
Run to squat on to feet	*Pike hang for 10 seconds
Run to straddle on	*Chin up pullover in candlestick
*Run hurdle straight jump with under arm lift	Hollow hold on floor bar
20 sit ups	10 second chin hang
3 bounces to handstand with spot	Cast straddle on dismount
*Kick up to handstand for 10 sec against wall	Glide Swing
Beam Skills	Floor Skills
Cartwheel on low beam with mats	*Handstand hold for 5 second
*Releve walks on high beam	Backbend uphill on incline
Passe walks on high beam	Round off
Skipping on low beam	Backwards roll to a push up on floor
Arabesque hold for 5 second	*Step hurdle cartwheel
*T scale and Lever	Candlestick with arms down
Straddle jump dismount off the high beam to stick position	Kickover down incline
Pivot turn	Backbend kickover

***REQUIRED SKILLS NEEDED TO MOVE TO INTERMEDIATE 2**