

NAME

GOALS

NOTES

PRESCHOOL SKILLS ACHIEVEMENT



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LEAPS
School of Gymnastics

PARENT TYKE/TOT



VAULT

COMPLETED

- Run forwards
- Jump on mini tramp
- Jump off trapezoid land on feet
- Show "Ta Da" after landing



BEAM

COMPLETED

- Walk across low beam holding a hand
- Touch hand to beam while standing
- Jump off low beam
- Airplane arms



BARS

COMPLETED

- Grab bar and hold (3 Sec)
- Jump down from bar landing on feet
- Swing legs without letting go
- Willing to go upside down



FLOOR

COMPLETED

- Know body parts: hands, feet, belly, chin
- Willing to go backwards/upside down
- Forward roll with spot
- Spider handstand with spot



SPORTSMANSHIP

COMPLETED

- Participate in warm up
- Willing to be spotted by coach
- Watch skill demonstration

Comments

SHINING STARS



VAULT

COMPLETED

- Jump forwards on spots
- Straight jump on mini tramp
- Jump off block
- Jump up onto trapezoid



BEAM

COMPLETED

- Walk across low beam with airplane arms
- Balance on one foot
- Jump off high beam with a hand
- Straight jump on low beam



BARS

COMPLETED

- Climb ladder
- Candlestick with noodle
- Grab bar, swing land on spot
- Jump to front support with spot
- Push up position on floor bar (5 sec)



FLOOR

COMPLETED

- Know favorite foot
- Spider handstand hold (5 seconds)
- Forward roll down wedge
- Jump sideways over handmat
- Candlestick



SPORTSMANSHIP

COMPLETED

- Participate in warm up & stretching
- Follows skills circuit
- Sit and listen during skill demonstration
- Waits their turn

Comments

RISING STARS



VAULT

COMPLETED

- Jump from one foot to feet together on spot
- Straight jump off springboard, land on spot
- Jump off block, stick, finish
- Forward roll on 8in
- Donkey kicks (3 in a row)



BEAM

COMPLETED

- Releve walk on low beam
- Walks: forwards, sideways, backwards
- Straight jump off high beam
- Kicks: forwards, sideways, backwards
- Lunge lever on low beam



BARS

COMPLETED

- Laying down leg lifts (5 in a row)
- Walk feet up block, pullover
- Laying down candlestick hold (5 sec)
- Jump up to front support & forward roll
- Chin hold (3 sec)



FLOOR

COMPLETED

- Lunge position arms to ears
- Backwards roll
- Forward roll stand up no hands
- Lunge, lever, kick
- Start in lunge, kick over hand mat



SPORTSMANSHIP

COMPLETED

- Follows along in warm up & stretch
- Follows skills circuit
- Stands and listens during skill demonstration
- Waits their turn
- Respectful & Positive towards students & coach

Comments