

Mobility skills required for Level 5

Name:

LEVEL: 4

DATE:

EVENT	SKILLS	YES	NO
Vault			
	Handspring to height feet mini tramp		
	Handspring		
Bars			
	Kip Cast horizontal		
	flyaway		
	Squat Long kip high bar		
	Swing pull over		
	Swing pull over to support clear hip		
	3 clear to horizontal/45 degrees/handstand spotted		
	3 cast in row above horizontal		
Beam			
	1/1 turn		
	Cartwheel straight jump		
	Back walkover low beam		
	Back walkover high beam		
	Split leap straight leg		
	back handspring low beam		
	Cartwheel handstand hold 3 sec ¼ dismount		
Floor			
	Straddle jump 150		
	Jump full turn		
	Standing back tuck off panel mat		
	Front handspring step out, Front handspring step out		
	Front somi		
	Front handspring rebound		
	Round off flic back salto		
	Round off 3 flics		
	Straight arm back extension hold 3sec		
	5 sec handstand		
	Bounce handstand Back tuck mini tramp		