Gymnastic Skills must be learned before moving to the next level

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| Level 1 USA Gymnastics Junior Olympic Performance Chart Level 1   |
| VAULT | UNEVEN BARS | BALANCE BEAM | FLOOR EXERCISE |
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| * Stretch jump to handstand onto a minimum of a 16” Mat Stack
* Handstand fall to straight lying position
 | Back Hip Pullover Mount, Cast, Back Hip Circle(Cast, Straddle-on, Sole Circle Dismount)OR(Under-swing Dismount) | * Jump to Front Support
* Pike Lying Position
* Releve Balance
* Arabesque (30degrees)
* Forward Leg Swings
* Lever
* Leg Balance in Forward Passe
* Stretch Jump
* Cartwheel to ¾ Side Handstand Dismount
 | * ¾ Handstand
* Cartwheel ½ (90 degrees) turn inward
* Back Roll Tucked
* Candlestick
* Forward Roll Tucked
* Forward Passe Balance
* Forward
* Chasse, Split Jump (30 degrees)
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