Gymnastic Skills must be learned before moving to the next level

|  |  |  |  |
| --- | --- | --- | --- |
| Level 1 USA Gymnastics Junior Olympic Performance Chart Level 1 | | | |
| VAULT | UNEVEN BARS | BALANCE BEAM | FLOOR EXERCISE |
|  |  |  |  |
| * 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) |
|  |  |  |  |
|  |  |  |  |