

Name \_\_\_\_\_ Per \_\_\_\_\_

**Students develop and demonstrate motor skills that contribute to movement proficiency  
(1.1.1, 1.1.5, 2,4,2)**

**PARALLEL BARS**

I can demonstrate two stunts on the parallel bars using the skills I learned in gymnastics.

I can spot someone using proper spotting techniques learned in class.

If I practice my skills in gymnastics, I can progress to more complex skills.

**Circle or highlight two stunts to be graded on:**

- |                                |            |                                  |            |
|--------------------------------|------------|----------------------------------|------------|
| 1. Hand walk forwards          | _____ (5)  | 7. Forward Shoulder Roll         | _____ (20) |
|                                |            | (straddle seat to straddle seat) |            |
| 2. Hand walk backwards         | _____ (6)  | 8. Backward Shoulder Roll        | _____ (25) |
| 3. Straddle Travel Forwards    | _____ (10) | 9. Shoulder Stand                | _____ (30) |
| 4. Straddle Travel Backwards   | _____ (12) | 10. Front Dismount               | _____ (35) |
| 5. Basic Swing in Hand Support | _____ (12) | 11. Rear                         | _____ (38) |
| 6. Bent Hip Upper Arm Support  | _____ (15) | 12. Single-Leg Cut-on            | _____ (50) |

**VAULT**

I can demonstrate two stunts on the vault using the skills I learned in gymnastics.

I can spot someone using proper spotting techniques learned in class.

If I practice my skills in gymnastics, I can progress to more complex skills.

**Circle or highlight two stunts to be graded:**

- |             |            |                 |            |
|-------------|------------|-----------------|------------|
| A. Knee     | _____ (3)  | F. Front        | _____ (15) |
| B. Stand    | _____ (4)  | G. Wolf         | _____ (15) |
| C. Squat    | _____ (5)  | H. Rear         | _____ (17) |
| D. Flank    | _____ (10) | I. Thief        | _____ (20) |
| E. Straddle | _____ (10) | J. Layout Squat | _____ (25) |

Name \_\_\_\_\_

Per \_\_\_\_\_