

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

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

**UNEVEN BARS**

I can demonstrate two stunts on the uneven 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 a more complex skill.

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

- |   |  |
|---|--|
| 1. Back-hip pull-over mount _____ (5)     | 9. Front-hip circle _____ (15)                                 |
| 2. Front-hip circle mount _____ (15)      | 10. Mill circle forward _____ (15)                             |
| 3. Single –leg swing-up mount _____ (10)  | 11. Double –knee circle backwards _____ (20)<br>(Peach basket) |
| 4. Double-leg stem-rise mount _____ (10)  | 12. Seat rise _____ (20)                                       |
| 5. Glide-kip mount _____ (40)             | 13. Single-leg stem rise _____ (20)                            |
| 6. Single-knee swing up _____ (10)        | 14. Basket (skin the cat) _____ (20)                           |
| 7. Single-knee circle backward _____ (10) | 15. Squat stand _____ (25)                                     |
| 8. Back-hip circle _____ (10)             |  |

**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 mu skills in gymnastics, I can progress to a more complex skill.

**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) |

