



Level 2 – Butterflies or Tigers Check List

Perfect cartwheel and round off- Yes
Perfect backward roll on the floor onto their feet - Yes
Perfect forward roll on the floor 'no hands' to stand - Yes
Perfect handstand 5 sec. holds - Yes
Bridge w/head off floor 5 sec. hold - Yes
Pullover on the bars - Yes
Close to back hip circle on the bars - Yes
Combination jumps on low balance beam without falling - Yes
Close to cartwheel and handstand on low balance beam - Yes
Walk a cross high balance beam on tip toes backwards - Yes
Combination sit, doggie, donkey on to their feet – Yes

Level 3 – Lilies Check List

Perfect one handed cartwheel & round off rebound - Yes
Perfect back extension - Yes
Perfect handstand 5 sec. hold into bridge - Yes
Back bend into back walkover down the wedge - Yes
Close to back handspring down the wedge - Yes
Pullover, back hip circle on the bars - Yes
Close to front hip circle on the bars - Yes
Close to mill circle on the bars - Yes
Combination leaps on low balance beam without falling - Yes
Cartwheel and handstand on low balance beam - Yes
Mount + Close to cartwheel on high balance beam - Yes
Back handspring on trampoline - Yes