

JOHN OLIVER GYMNASTICS

NAME: _____ BLOCK: _____

GRADE 8

TOTAL: _____ / 50

<u>FLOOR</u>	6/10	7/10	8/10	9/10	10/10	MARK:
1. FRONT & BACK ROLLS	Log Roll _____	Front Roll Down Wedge _____ or to Straddle Sit _____	Front Roll to Squat _____ or Back roll down wedge _____	Front roll to Standing _____	Back Roll to Feet _____	
2. SUPPORTS	Front _____	Back _____	Front to Back _____	Bridge _____	One Leg Bridge _____	
3. BALANCES & INVERSIONS	V-Sit _____ or Front Scale _____	Teddy Bear Stand _____ or Headstand for 3 sec off wall (____/7.5)	Headstand _____	Handstand for 3 sec off wall _____	Cartwheel _____ or Handstand _____	
4. Falls	From Knees _____		From Straddle _____		From Standing _____	
5. LEAPS & JUMPS	Cat Leap _____ or Half-Turn Jump _____ or Star Jump _____	Stag Leap _____ or Scissors Leap _____	Tour Jete Leap _____ (with height)	Full-turn Jump _____ (360 °)	Straddle Jump _____	

You will demonstrate to your teacher the highest level skill you can do (your choice). Your teacher will initial when the skill is performed. You MUST do one skill from each of the rows.