

Example
 

<b>Name</b>	
<b>Date</b>	

<b>Green</b>	Not yet	Including a spotter or it starts to look like it	By myself	Controlled	Controlled and with technique	Technically good and well executed
<b>VAULT</b>						
<b>Fundamentals</b>						
1	4 times hopping in running position on left foot and 4 times on right					
2	Bouncing on a trampoline or airtrack					
3	<b>Handstand to back</b>					
<b>Vault skills</b>						
4	<b>Tucked jump to back</b> Block - Trampoline - 2 mats					
1	Front tuck to back Block - Trampoline - 2 mats					
1	Handstand to back Block - Trampoline - 2 mats					
<b>BARS</b>						
<b>Low bar</b>						
1	<b>Pull over</b>					
2	<b>3 Casts onto two blocks</b>					
3	Back hip circle					
<b>High bar</b>						
4	Arch (hold for 10 seconds)					
5	Hollow arch (hold for 10 seconds)					
1	3 tap swings, with feet onto two blocks					
<b>BEAM</b>						
<b>Fundamentals</b>						
1	<b>A passé position with eyes closed</b> (hold for 10 seconds)					
2	Plank position with belly button up (hold for 10 seconds)					
3	Jumping from one side to the other side ON BEAM!					
<b>Beam skills</b>						
4	<b>Handstand against a wall</b> (from the edge of the beam to a mat)					
1	Cartwheel to foot (from the edge of the beam to a mat)					
5	Split jump					
<b>FLOOR</b>						
<b>Fundamentals</b>						
1	<b>5 times chassé</b>					
2	Backward roll with straight arms					
3	A split (hold for 10 seconds)					
<b>Floor skills</b>						
4	Handstand to a bridge					
5	Round off to knees					
6	<b>Front hurdle to a cartwheel</b>					