

Skill Evaluation Example



ATHLETE

DATE

Rating System

- ★ x0
- ★ x1
- ★ x2
- ★ x3
- ★ x4
- ★ x5

No stars means the student has not mastered the skill.



You can view your child's progress at any time on the Parent Portal.

Click on Evaluations: View Skill Tree.

Students receive stars when they master a skill. Mastery means doing a skill consistently correct.

PRESCHOOL

Level: 1/2 // VAULT

- ☆☆☆☆☆☆ 0 HURDLE ON BOARD + JUMP + STICK (5)
- ★★☆☆☆☆ 2 POPCORN (2)
- ★☆☆☆☆ 1 JUMP TO KNEES ON BOX (1)
- ★★★★☆☆ 3 JUMP TO STICK OFF BOX (3)

Numbers in parentheses are the skills' values.

Harder, more complex skills are worth more.

1/2 // BARS

- ★☆☆☆☆ 1 FRONT SUPPORT (1)
- ★★★★☆☆ 3 FRONT SUPPORT + FORWARD ROLL OFF BAR (3)
- ☆☆☆☆☆☆ 0 CAST (4)
- ☆☆☆☆☆☆ 0 PULLOVER W/ CHEESE (5)
- ☆☆☆☆☆☆ 0 LEG CUT FORWARD AND BACKWARD WHILE STANDING (2)
- ★★★★☆☆ 3 HANG IN STRADDLE SOLE CIRCLE (3)
- ★★★★☆☆ 3 TUCK GLIDE SWING (3)
- ★☆☆☆☆ 1 PUSH UP LEANS ON FLOOR BAR (1)

If a student has any stars, then the skill has been mastered. They have received the full value of the skill.

1/2 // BEAM

- ★☆☆☆☆ 1 FORWARD WALKS (1)
- ★★★★☆☆ 4 PASSE WALK (4)
- ★★★★☆☆ 4 FORWARD KICKS (4)
- ★☆☆☆☆ 1 TUCK UP HANDSTAND - HANDS ON BEAM, FEET ON FLOOR (1)
- ★★★★☆☆ 3 STRAIGHT JUMP (3)
- ★★☆☆☆☆ 2 V - SIT (2)
- ☆☆☆☆☆☆ 0 BEAR DANCE (2)
- ☆☆☆☆☆☆ 0 LUNGE, LIFT, LUNGE (5)
- ☆☆☆☆☆☆ 0 ARABESQUE (3)

1/2 // FLOOR

- ★☆☆☆☆ 1 KNOW TUCK, PIKE, STRADDLE POSITIONS (1)
- ☆☆☆☆☆☆ 0 TUCK FORWARD ROLL FLOOR (4)
- ☆☆☆☆☆☆ 0 BACK TUCK ROLL ON CHEESE (3)
- ★★☆☆☆☆ 2 BEAR DANCE (2)
- ★★☆☆☆☆ 2 WALK UP WALL TO HANDSTAND, 10 SECOND HOLD (2)
- ★☆☆☆☆ 1 LUNGE (1)
- ☆☆☆☆☆☆ 0 SPLIT HANDSTAND, LUNGE (5)
- ☆☆☆☆☆☆ 0 BRIDGE (5)
- ☆☆☆☆☆☆ 0 CANDLESTICK (4)

- ☆☆☆☆☆ 0 FRONT LEG BALANCE + ARABESQUE (3)
- ★☆☆☆☆ 1 STRAIGHT JUMP (1)
- ☆☆☆☆☆ 0 HANDSTAND LUNGE (5)
- ☆☆☆☆☆ 0 CARTWHEEL LUNGE (5)

Requirements to move classes/levels:

Friend and Me	to	P1	Must be 3 years old and potty trained
P1	to	P2	Must be 5 years old
P1/P2	to	P3	Score minimum 70 out of 89
P3	to	P4	Score minimum 80 out of 93
P2/P3/P4	to	Tumble	Must be 6 years old
P2/P3/P4	to	R1/R2/FF1	Must be 6 years old AND Must have bridge, vertical handstand, cartwheel
R1/R2	to	R3	Score minimum 90 out of 111
R3	to	R4	Score minimum 100 out of 124
Tumble	to	FF1/R1	Score minimum 30 out of 54 with a bridge
FF1	to	FF2	Half of skills mastered
FF2	to	ROFF	Standing FF on floor
ROFF	to	Adv.Tumb	ROFF on floor