



Achievement chart

Name:

1

green

- Tuck shape
- Straddle shape
- Elephant walks
- Hopping
- Balance on one foot
- Walk along the bench
- Hang on the bar
- Landing shape
- Jump hoop to hoop
- Side steps

8/10

2

yellow

- Rocking backwards and forwards
- Log rolls
- Bunny hops
- Straight jump to land
- Balance on one foot on the beam
- Walk tip toes on bench
- Hanging shapes - tuck, straddle, pike
- Jump to land from height
- Leap hoop to hoop
- Front support on bars

8/10

3

blue

- Forward roll down an incline
- Rocking to stand up
- Front & back support
- Step hops (skipping)
- Dip steps on beam
- Straight jump on bench
- Monkey walks on bars
- Hurdle step to springboard from bench
- Bunny hops across bench
- Caterpillar walks

8/10

4

purple

- Forward roll from star shape
- Teddy bear rolls
- Pike handstand
- Chasse steps
- Roll between dish and arch
- Cartwheel over raised surface
- Circle down
- Hurdle step to spring board
- Half turn on beam
- Frog balance

8/10

5

bronze

- Forward roll
- Backward roll down an incline
- Supported handstand
- Cat leap
- Held dish
- Half spin
- Fish swings on bars
- Straight jump from run and springboard
- Arabesque on beam
- Headstand

8/10



Achievement chart

6

silver

- Cartwheel
- Backward roll
- Handstand
- Cat leap, tuck jump
- Curl ins
- Full spin
- Chin up
- Squat on, jump off block
- Straight jump on the beam
- Bridge

7/10

7

gold

- One handed cartwheel
- Roundoff
- Handstand forward roll
- Split leap
- Cast to horizontal
- Half spin, half turn -beam
- Circle over low bar
- Handspring flat back on vault
- Round off dismount off beam
- Bridge kick over

7/10

8

ruby

- Drop back to bridge
- Backward roll to front support
- Japana
- Straight jump full turn
- Back hip circle
- Y balance-beam
- Float
- Handspring second flight from block
- Cartwheel/forward roll on the beam
- Half lever

7/10

9

platinum

- Backward/forward walkover
- Backward roll to handstand
- Handstand half turn/held split handstand
- Split leap quarter turn
- Straddle on undershoot
- Full spin -beam
- Squat on-bars
- Handspring vault
- Split leap on beam
- Pike fold

6/10

10

diamond

- Round off back flip
- Back flip
- Handspring
- Tuck jump full turn/cat leap full turn
- Swing circle over high bar
- One and half spin on floor
- front/back somersault
- Half on
- Walkover/held handstand on beam
- Splits

6/10