



# K2 ACADEMY SKILLS REPORT CARD

Gym Bugs: Bumble Bee-3 years old

Gymnast's name \_\_\_\_\_

## VAULT/TRAMP

Tuck jump off board. Stick it. (vault)	
Straight jump off board. Stick. (vault)	
Squat onto trap from standing (vault)	
Straddle onto trap from standing (vault)	
Stick it/ freeze (tramp)	
Five straight jumps in a row (tramp)	
Tuck jumps (tramp)	
Straddle jump (tramp)	

## BARS

Long hang on high bar (10 sec.)	
Tuck hang on high bar (3 sec.)	
Jump front support hold.	
Tummy roll w/ spot	
Possum hang	
Sideways bear walks on floor p-bars	

## BEAM

Walk forward	
Walk sideways	
V-sit on high way beam	
Hops all the way down	
Step kicks on both legs	
Helicopter/ princess crown turn around	
Front support hold on medium beam	

## FLOOR

Forward roll down wedge	
Starting position and Finish position (tada)	
Donkey kicks	
Tuck, straddle, and pike sit	
Candle stick	
Squat	
Straddle stand	
Butterfly	

## Looking Ahead\*

Straddle jump off board. Stick it. (vault)	
Jump to seat drop position (tramp)	
Baby casts (bars)	
Walking backwards (beam)	
Backward roll down wedge (floor)	

\*These are Caterpillar skills to be practiced when all Bumble Bee skills on that event are complete.



# K2 ACADEMY SKILLS REPORT CARD

Gym Bugs: Caterpillars-4 years old

Gymnast's name \_\_\_\_\_

## VAULT/TRAMP

Straddle jump off board. Stick it. (vault)	
1/2 Turn off board. Stick it. (vault)	
Pencil jump onto stacked mats without running (vault)	
Run, hurdle, land on target with two feet. (vault)	
Tuck jump straddle jump connected (tramp)	
1/2 Turn (tramp)	
Jump to seat drop position (tramp)	

## BARS

Baby casts	
Shimmy across high bar	
Chin hold on high bar (1 sec)	
Tuck hang	
Flip a doodle	
Climb to high bar with spot	
Tummy roll without spot	
Bear walks on p-bars	

## BEAM

Walking backwards	
Donkey kicks	
Relevé balance (3 sec.)	
Step kicks in relevé	
Bunny hops	
Gallop	
Front support mount	
V-sit	

## FLOOR

Backward roll down wedge mat	
Skip	
Lunge	
Lever	
Scale (both legs)	
Baby bridge	
Hop one foot across floor	
Pike stand	

## Looking Ahead\*

Run, hurdle, two feet on board jump, straight jump. (vault)	
1/2 Turn (tramp)	
Pullover with one hand spot (bars)	
Relevé walking forwards (beam)	
Forward roll to stand with no hands (floor)	

\*These are Firefly skills to be practiced when all Caterpillar skills on that event are complete.



# K2 ACADEMY SKILLS REPORT CARD

Gym Bugs: Fireflies-5 years old

Gymnast's name \_\_\_\_\_

## VAULT/TRAMP

Run, hurdle two feet off board, straight jump. (vault)	
Squat onto trainer using board. (vault)	
Straddle onto trainer using board. (vault)	
Full turn (tramp)	
Tuck, straddle, full turn connected. (tramp)	
Seat drop (tramp)	
Seat drop, doggy drop (tramp)	

## BARS

Pullover with one handed spot	
3 Casts in a row	
Chin hang (5 sec.)	
Baby back hip circle drill	
Straddle hang with straight legs	
Flip a doodle (there and back)	
Shimmy across high bar both ways	
Crab walks on p-bars	

## BEAM

Hop on one foot on the floor beam	
Relevé walking	
Relevé balance (5 sec.)	
Arabesque (3 sec)	
Lever to "T"	
Front support mount to straddle sit	
Walk forward on high beam	
Forward roll on highway beam	

## FLOOR

Forward roll to stand with no hands	
Straddle forward roll	
Backward roll to pike down wedge	
Cartwheel	
Lever	
Bridge off head	
Lunge on non dominant leg	

## Looking Ahead\*

Donkey kicks with straight legs (tramp)	
Pullover without a spot (bars)	
Back hip circle (bars)	
Passé walks (beam)	
Straight jump (beam)	
Backward roll (floor)	
Lever hop (floor)	

\*These are Gym Kids Level 1/2 skills to be practiced when all Firefly skills on that event are complete.