

## Middle School Skill Sheet:

### Vault:

- Handstand hold 5 Seconds (can walk)
- Sprint – at least 15 steps (under 5 seconds)

### Bars:

- Push Up x5 (great form, flat body – all the way down and up)
- Candle Sticks x3 (Hands holding onto pole- lifting feet up with straight body all the way up and down controlled [do not pike at hips])
- V-Up x5 (arms by ears, all the way up and down each one)

### Beam:

- Jumps on a Curb or line (Straight jump [straight body] -Tuck [arms in ears and knees to belly] -Split [one leg in front and one in back])
- Handstand \*on flat surface\* (hands together like for beam)
- Cartwheel \*on flat surface\* (on a line like for beam)
- Back Walkover \*on flat surface\* (can do back bend)
- Leap (1 step)

### Floor:

- Handstand (No Walking, all the way up feet together at top)
- Cartwheel (on Both sides Left and Right)
- Handstand to bridge, kick over (or whatever you can do)
- 1/2 or 1/1 Turn

### Flexibility:

- Right leg split
- Left leg split
- Middle Split
- Pike stretch
- Bridge stretch