







Gymnastics Assessment Strategies

	F.Roll 	B.Roll 	HeadSt. 	HandSt. 	Jump 	Balance 
Jackie						
Jo						
Bomna						
Diane						

Have different color stickers for different skills. List the skill at the top of the column and place the appropriate color sticker under the name of the skill (helps non-readers). When a child passes a skill give them a sticker and tell them to put it by their own name. I typically will have children in teams of 5-6 and keep this information on one sheet of paper. This helps crowding around one poster and mistakes occurring in large numbers. You as a teacher make the judgment about whether something is a pass or not. You keep rotating around the group and telling students to work on it some more if they are not yet at a pass.

A similar but alternate strategy is to have a colored sticker represent a number of critical elements:

- Red sticker - 3 critical elements
- Blue sticker - 2 critical elements
- Green sticker - 1 critical element

You give a student a sticker that represents the number of critical elements they are showing. This strategy is more complex and does not work as well in large, short classes.

Gymnastic Routine

Performer: _____ **Observer:** _____

Place a ✓ in the box if you see your partner doing:

Start Pose		End Pose	
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Levels:	High		Medium		Low	
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Jump Write type:	Bends knee & swings arms on take off		Balance Write type:	Shows shape of balance	
	Shows shape in air			Holds 2 seconds	
	Bends knees & sticks landing			Moves in & out of balance nicely	

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Roll Write type:	Shows begin position		Weight Bearing Write type:	Bears weight on hands	
	Rolls smoothly			Body tight	
	Shows end position			Lands nicely	

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Gymnastics Skill Progression Sheet

Name: _____

Level	Forward Roll	Backward Roll	Headstand	Handstand
1	Rock & Roll	Rock & Roll with hands down	Triangle position with head & hands	Mule kicks
2	Rock & Roll Partner Stand	Squat to rock & roll	Watch an expert do a headstand	Donkey kicks
3	Watch a F.Roll by an expert	Watch a B.Roll by an expert	Headstand tripod	Step lunge & place hands on floor
4	F.Roll - hands, hips high, roll	B.Roll down an incline from sitting	Headstand with a spot or against a wall	Hands on box & kick raise to stand
5	F.Roll down incline	B.Roll down an incline from standing	Headstand tuck	Watch an expert do a handstand
6	F.Roll - partner stand	B.Roll with a spot	Headstand with straight legs	Handstand with a spot or against a wall
7	F.Roll squat to squat	B.Roll from squat to squat	Headstand straddle up/down	Mini handstand to $\frac{3}{4}$
8	F.Roll stand to stand	B.Roll stand to stand		Handstand to vertical
9	F.Roll to straddle	B.Roll to straddle		Handstand with split
10	F.Roll variation(list)	B.Roll variation (list)		Handstand turn out

Gymnastics Skill Progression Sheet

Name: _____

Level	Cartwheel	Round-Off	Balance	Jump/Leap
1	Watch a cartwheel by an expert	Watch a round-off by an expert	Knee scale	Straight jump
2	Jump over a box side to side	Cartwheel front to back	Arabesque	Tuck jump
3	Mini pinwheel 1-2-3-4	Cartwheel join legs together in handstand & snap down	V-sit	Star jump
4	Cartwheel with spot	Hurdle step cartwheel	Shoulder stand	Arch jump
5	Cartwheel along line	Round-off off low box	Bridge	Cat leap
6	Cartwheel alone	Round-off alone	Y-stand	Scissor kick
7	Cartwheel side to side		Side scale	Split leap
8	Cartwheel front to back			Stag leap
9	Run hurdle cartwheel			Straddle-pike jump
10	Jump to hands cartwheel			Tour Jete

Gymnastics Stunts Progression Sheet

Name: _____

Level	Stunt
1	Double arabesque
2	Partner pull-up
3	Double V
4	Double side lean
5	Double bear
6	Double crab
7	2-level bear pyramid
8	Handstand posted by a partner in straddle
9	1 leg balance on partner's knee
10	2-level standing pyramid
11	Front angel
12	Standing in hands of partner on back
13	Bear - partner kick to neck hook stand
14	Partner on back - jump to sitting on partner's feet

