

Name: \_\_\_\_\_ CLASS: \_\_\_\_\_ Date: \_\_\_\_\_

## Intermediate 2 Girls Skills List

<b>Vault Skills and Physical Abilities</b>	<b>Bar Skills</b>
10 straight body bounces in a row with hands on hips	<b>*3 casts to back hip circle</b>
Running with knees up and kicking behind	Chin up with feet together
<b>*3 bounces to handstand fall to flat back</b>	Glide Swings
Run jump to handstand fall to flat back with spot	1 cast to straight arm back hip circle
<b>*Run hurdle straight jump with underarm lift</b>	3 chin ups
30 sit ups	Stride hold for 10 seconds
Kick up to handstand fall to flat back on mat	Candlestick hold on the bar
10 second handstand hold with nose on wall	<b>*Pullover with feet together</b>
<b>Beam Skills</b>	<b>Floor Skills</b>
Cartwheel to Handstand dismount on low beam	<b>*Both sides cartwheel</b>
Cartwheel on low beam with panel mats	Back bend on flat surface
Pivot turn	Kickover off a closed panel mat
½ turn in passe	Kickover on floor
<b>*¾ Handstand on low beam</b>	<b>*Controlled handstand</b>
Split jump on a low beam	Backwards roll to Pike Stand
Arabesque and scale	Step hurdle round off
<b>*Straight jump on high beam</b>	Handstand forward roll
<b>*T hold for 10 seconds</b>	Handstand to bridge
Small Split Leap	Back handspring drill with pac man and 8 incher
Tuck, Pike, Straddle jumps on low beam	Backbend stand up on wedge

**\*REQUIRED SKILLS NEEDED TO MOVE TO ADVANCED**