

personalachievementchart

Name.....

Bronze



achieve **any 6 out of the 8 activities** listed below

date

signature

Consecutive cartwheels, one with second hand only		
Cartwheel 1/4 turn as a round-off preparation		
Headspring off a platform		
Handstand block		
Backward roll to front support		
Backward roll to a straddle or pike position		
Forward roll to a straddle or pike position		
Handstand forward roll with straight arms		

Silver



achieve **any 6 out of the 8 activities** listed below

date

signature

Headspring		
Jump to back lie on a soft surface and donkey kick		
Round off		
Headspring off a low platform		
Handstand held (3 seconds)		
Forward roll to straddle lever or 1/2 lever (3 seconds)		
Backward walkover		
Tucked planche (3 seconds)		

Gold



achieve **any 6 out of the 8 activities** listed below

date

signature

Free cartwheel		
Standing flic		
Headspring		
Round off flic		
Forward walkover or handstand through bridge to stand		
Lift to handstand with straddled legs and straight arms or piked with bent arms		
Handstand pirouette - minimum 360°		
Backward roll to handstand - not held		

Floor