



Name: _____

Progression Reward Chart

Level 3 Gymnasts

START	Beam Handstand	Beam Side Handstand	Beam Straight Jump	Beam Tuck Jump	Beam Split Jump	Beam Half Turn
Beam Lever	Beam Side Handstand Twist	Vault Straight Jump	Vault Run No Hesitating	Handstand Flatback On Vault	Vault Half-on Onto Stomach	Correct Vault Hurdle
Handstand Pops	Front Hand Spring	Bar Pullover	Bar Cast with Back Hip Circle	Bar Pike Chin Hold 10 seconds	Sole Circle	Bar Glides
Round Off	Backward Roll to Push-up	Handstand Forward Roll	Front Limber	Round Off Backward Roll	Leap And Tuck Jump	YOU DID IT!!! Now Ring The Bell!