



Name: _____

Progression Reward Chart

Level 1 Gymnasts

START	Forward Roll	Backward Roll	Hand stand	Straight Jump	Tuck Jump	Straddle Jump
Beam Arabesque	Beam Needle Kick	Beam Kicks	Beam Releve Walks	Beam Passe Hold	Vault Hurdle	Vault Arms
Handstand Flatback	Bar Mount	Bar Casts	Candle Stick	Chase	Toe Turn	Cartwheel
Bar Pike Hold	Bar Tuck Hold	Bar Straddle Hold	Bar Chin Hold	YOU DID IT!!! Now Ring The Bell!		