



EVALUATION SHEET: Level 1



		Athlete Name							
		L = Learning				M = Mastered			
Coach:									
Day / Time:									
Session:									

FUNDAMENTALS	1	Consecutive single foot hops 2 metres (must do right and left)								
	2	Consecutive 2-foot hops 5 metres								
	3	Show tuck, pike, straddle position								
	4	Straight jump to controlled safety landing on floor								
	5	Straight jump forward, backwards, sideways to controlled safety landing from knee height								
	6	Prone fall from knees or from feet using incline								
	7	Forward, backward, sideward safety roll (floor or incline)								
	8	Tuck and star jump to controlled safety landing on apparatus								
	9	Tuck and star jump to controlled safety landing from knee height								
	10	10 arm circles (arms up in front, down to the side)								
	11	Break fall from seated position								

TRAMPOLINE	1	5 bounces on cross with controlled safety landing								
	2	Show seat drop, back drop, hand knee drop, front drop position on floor								
	3	Star jump and tuck jump on cross								
	4	Pike jump and straddle jump on cross								
	5	Show jump to seat drop and jump to hand knee drop (on mat off tramp)								
	6	Jump to seat drop on tramp with mat or from zero bounce								
	7	Jump to hand knee drop with mat or from zero bounce								
	8	Front drop on mat off tramp								
	9	Back drop on mat off tramp								
	10	Jump 1/2 turn (both directions)								

TUMBLING	1	Front support / side support / rear support (5 sec.)								
	2	Show tight lunge position								
	3	Piked handstand with front facing wall or feet elevated to hip height (5 sec.)								
	4	Tight body log roll down incline								
	5	Springboard jump from small run, to controlled safety landing								
	6	Forward roll to stand down incline (must stand up without using hands on the mat)								
	7	Piked forward roll to pike sit and straddle forward roll to straddle sit down incline								
	8	Backward roll down incline (assisted)								
	9	Modified cartwheel over block alternating legs								
	10	Run to hurdle (run or step to land with both feet at the same time)								

DOUBLE MINI	1	Show hurdle to controlled safety landing onto knee height								
	2	Show controlled safety landing from bouncing off DMT or mini tramp or trampoline onto safety mat								
	3	Show hurdle to 2-foot takeoff from spring board, to controlled safety landing								
	4	Show tuck, pike, straddle jump from springboard takeoff, to controlled safety landing								
	5	Show tuck, pike, straddle jumps from double mini to a controlled safety landing								
	6	Hurdle onto DMT from knee height (spring board or incline or box)								
	7	3 straight jumps to a controlled safety landing on DMT from springboard or height (Roller Coaster)								
	8	Straight jump, straight jump, tuck or straddle jump, to controlled safety landing								

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FUNDAMENTALS	1	Consecutive single foot hops 5 metres (must do right and left)							
	2	Consecutive 2-foot hops 10 metres							
	3	Pike and straddle jump to controlled safety landing on floor							
	4	Pike and straddle jump to controlled safety landing from knee height							
	5	Straight jump forward and backward to controlled safety landing from hip height							
	6	Jump 1/2 turn to controlled safety landing on floor							
	7	Jump 1/2 turn to controlled safety landing from knee height							
	8	Straight body break fall to flat back from standing onto safety mat							
	9	Prone fall from standing on a safety mat							

TRAMPOLINE	1	10 bounces in a row with 4 different arm positions *Arm positions - by side, extended above head, in a T position, or backward arm circles*							
	2	Tuck, pike, straddle jumps grabbing knees or touching legs							
	3	3 different shape jumps in a row (e.g. tuck, straddle, jump 1/2 turn)							
	4	Seat drop to feet - 3x in a row							
	5	Seat drop 1/2 turn to feet							
	6	Jump 1/2 turn to seat drop to feet							
	7	Seat drop to hand knee drop to front drop to feet							
	8	Hand knee drop to front drop to feet							
	9	Tuck jump, seat drop, tuck jump, seat drop (on the cross)							
	10	Backdrop and front drop on tramp with mat							

TUMBLING	1	Power hurdle							
	2	Log roll on floor							
	3	Leaning handstand (min 45 degrees) with front facing wall (10 sec)							
	4	Forward roll to stand on floor (no hands when standing up)							
	5	Forward roll into immediate straight jump to controlled safety landing							
	6	Forward roll onto box/height (feet must stay together)							
	7	Backward roll down incline unassisted							
	8	Assisted kick to handstand against a wall (back facing to wall). Participants should be able to the position after having assistance up to handstand.							
	9	Tight lunge kick up to modified handstand (should get to 45 degrees)							
	10	Modified cartwheel on floor (legs must be straight). *Does not have to be straight on a line.							

DOUBLE MINI	1	3 straight jumps to a controlled safety landing on DMT from floor (Roller Coaster)							
	2	2-3 shape jumps in a row on the trampoline or stationary on the DMT							
	3	Straight jump, straight jump, pike jump, controlled safety landing							
	4	Straight jump, straight jump, 1/2 turn, controlled safety landing							
	5	Straight jump, tuck jump, straight jump, controlled safety landing							
	6	Straight jump, tuck jump, tuck jump, controlled safety landing							
	7	Straight jump, tuck jump, straddle jump, controlled safety landing							
	8	3 optional spotter routines with jumps to controlled safety landing							

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FUNDAMENTALS										
	1	Consecutive single foot hops 10 metres on each leg								
	2	Jump 1/1 turn to controlled safety landing on floor								
	3	Tuck, pike, straddle jump, jump 1/2 turn from spring board to controlled safety landing								
	4	Straight jump forward to controlled safety landing from chest height								
	5	Pike stretch 10 sec								
	6	Straddle stretch 10 sec								
	7	Hold bridge position 10 sec								
	8	Break fall from height								

TRAMPOLINE										
	1	10 bounces in a row with arm circles and safety landing								
	2	Tuck/pike/straddle jumps with legs close to full shape								
	3	Jump 1/1 turn to controlled safety landing								
	4	Seat drop, back drop or front drop with thrown mat								
	5	5 consecutive seat drops in a row (feet do not touch trampoline)								
	6	Swivel hips (min 2+ seat drops in a row in the same direction)								
	7	Front drop return to feet								
	8	Back drop return to feet								
	9	Seat drop to front drop to feet								
	10	Seat drop, roll 1/2 turn to front drop, roll 1/2 turn to seat drop								

TUMBLING										
	1	Tight stretched handstand with front against wall (20 sec)								
	2	Forward roll into immediate shape jump to controlled safety landing (can bet/p/s/1/2/1/1)								
	3	Backward roll on floor to feet (no knees touching the ground)								
	4	Jump from height rebound into dive roll onto height (may use spring board)								
	5	Kick to handstand (within 10 degrees controlled), step down to lunge								
	6	Kick to handstand fall to back and front onto safety mat								
	7	Power hurdle to handstand or cartwheel								
	8	Cartwheel on a line with legs straight, body vertical, arms narrow								
	9	Cartwheel fall or pop to front on safety mat								
10	Modified forward roll from handstand (using incline, from wall or boxes)									

DOUBLE MINI										
	1	Roller coaster with only 2 bounces on DMT (Mounter Routine)								
	2	Straight jump, tuck jump, controlled safety landing (Mounter Routine)								
	3	Straight jump, pike/straddle jump, controlled safety landing (Mounter Routine)								
	4	Tuck jump, straight jump, controlled safety landing (Mounter Routine)								
	5	Tuck jump, straddle jump, controlled safety landing (Mounter Routine)								
	6	Straddle jump, straight jump, controlled safety landing (Mounter Routine)								
	7	Straight jump, tuck/straddle jump, 1/2 turn, controlled safety landing								
8	Straight jump, straight jump, jump 1/1 turn, controlled safety landing									

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FUNDAMENTALS	1	Jump 1/1 turn to controlled safety landing from spring board							
	2	Jump 1/1 turn from knee or hip height							
	3	Straight jump backward to controlled safety landing from chest height							
	4	Straight jump onto hip height							
	5	Pike stretch 30 sec							
	6	Straddle stretch 30 sec							
	7	Hold bridge position 20 sec							

TRAMPOLINE	1	10 arm circle bounces timed on cross more than 10 sec							
	2	Tuck jump and straddle jumps with kickout							
	3	Pike jumps with kickout							
	4	Seat drop to front drop to seat drop to feet (straight legs)							
	5	Roller							
	6	Back drop 1/2 turn to feet (land on center line)							
	7	Jump 1/4 turn to front drop to feet							
	8	Airplane (1/2 turn to front drop)							
	9	Baby Cradle (seat drop, late 1/2 turn to back drop)							
	10	Routine - Straddle jump, seat drop, swivel hips, 1/2 turn to feet, tuck jump, front drop, to feet, pike jump, back drop to feet, controlled safety landing							

TUMBLING	1	Tight stretched handstand with front against wall 45 sec							
	2	Dive roll onto hip to chest high mats from spring board							
	3	Backward roll to front support position down incline							
	4	Kick to handstand fall to bridge - off box, over object or with assistance							
	5	Power hurdle or kick to handstand pop to flat back on safety mat							
	6	Push to bridge kick over with feet on box							
	7	Kick to handstand, hold 1-3 sec (participants can walk)							
	8	Aggressive jump to flat back for back handspring							
	9	Roundoff off block							
	10	Optional 4 or 5 skill routine (e.g. Backward roll, jump 1/2 turn, diver roll step out, cartwheel)							

DOUBLE MINI	1	Pike jump, straddle jump, controlled safety landing (Mounter Routine)							
	2	Tuck jump, jump 1/2 turn, controlled safety landing (Mounter Routine)							
	3	Any shape jump, jump 1/1 turn, controlled safety landing (Mounter Routine)							
	4	Straight jump, straddle jump, jump 1/1 turn, controlled safety landing							
	5	Straight jump, jump 1/1 turn, straight jump, controlled safety landing							
	6	Straight jump, jump 1/1 turn, straddle jump, controlled safety landing							
	7	Straight jump, straight jump, dive roll onto height off of DMT or trampoline							

