



Level 2 Skills Tracker

Athlete Name: _____

Stunting/Misc	Score	Tumbling	Score	Jumps	Score
Seat Roll Right		Correct Body Shaping (Hollow, arch, etc.)		General Motions (High V, T, Daggers, Clasp, Clap)	
Seat Roll Left		Forward Roll		Arm Motions for jumps (8 count)	
Bug Stunting		Backwards Roll		Straight/T jump	
Thigh Stands		Bridge		Tuck jump	
Waist Level 2 legs		Cartwheel Rt Leg		Toe Touch	
Waist Level 1 leg		Cartwheel Lt Leg		Pike	
Preps		Handstand		2 jump sequence	
Shoulder Sit		Roundoff			
Smooch		Bridge Kickover			
Braced Extensions		Back Bend			
Extended Braced Pyramid		Back Walkover			
Half Ups		Back Extension Roll			
Show and Go		Handstand Blocks			
Prep 1 leg body positions		Front limber			
J-down		Front Walkover			
Cradles					
Braced Extended Libs					
Extensions					
J-ups					
Braced Extended Pyramids					
Prones					
Pop off					

*Skills Tracker will be used when moving athletes between levels. Athletes must master skills in level 1 reflected in red before moving to level 2 reflected in yellow, before moving to level 3 reflected in green. Athletes currently in 5th grade must master all

Scores

- 3-Mastered
- 2-Needs Assistance
- 1-Needs Full Support

Assessment Date _____

Next Class Level _____

Coach Signature _____