



Name _____
Email _____
Age _____

Flexibility	/5	Notes
Right Splits		
Left Splits		
Centre Splits		
Toes to head		
Shoulders		
Forward bend		
Total Score		

Strength	Time	Notes
Handstand		
Bridge		
Plank		
Superman		
V sit		
Table top		
Total Score		

Skills	R/5	L/5	Notes
Bridge technique			
Handstand technique			
Cartwheel			
Bridge recover			
Bridge kickover			
Back walkover			
Front walkover			
One hand cartwheel			
Side aerial			
Back handspring			
Front aerial			
Headstand			
Forearm stand			
Chest stand			
Handstand			
Handstand walking			

Flexibility Scale:

Right and Left Splits

1	2	3	4	5
Not square 6+ inches	Square 6+ inches	Square <4 inches	Flat, square	Over, square

Centre

1	2	3	4	5
Not straight 6+ inches	Straight 6+ inches	Straight <4 inches	Flat, straight	Over, straight

Toes to head

1	2	3	4	5
Hips not flat, 6+ inches	Hips flat, 6+ inches	Hips flat <4 inches	Touching, straight	Over,

Shoulders

1	2	3	4	5
Uneven 6+ inches	Even <4 inches	Even, touching	Even, grasp	Even, past

Forward bend

1	2	3	4	5
Uneven 6+ inches	Even <4 inches	Even, <2 inches	Even, flat	Even, past

Skill Scale:

Technique

1	2	3	4	5
Incomplete	Major errors	Minor errors	Standard	Flawless