

Skill Progression Chart

	Flipping Frogs/ Kipping Koalas	Kindergarten and 1st Grade	2nd Grade and older	Evaluation Required or previous student	Evaluation Required or previous student	Evaluation Required or previous student
Vault	RED	ORANGE	Yellow	GREEN	BLUE	PURPLE
	run and hurdle to board, straight jump off and Safe Landing Position (SLP)	run and straight jump up onto 8inch mat	running skills (correct arms and legs)	Sprint down runway	run handstand flat back on green mat	run handstand flat back on table
	run and squat on and straddle ons to trap and do same jump down to SLP	run, squat and straddle ons, to green mats	run, straight jump, forward roll on green mat	from a block, hurdle down to airboard (arm swing) and straight jump back up to another block	Deer Run	1/2 on green mat
	From one foot, jump onto board w/ 2 feet	From one step, jump on to board with arm circle	kick to handstand and fall to back on floor mat	DIVE roll on tall green mats	Handstand Pop	Punch front on TumbITrak

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Bars	RED	ORANGE	Yellow	GREEN	BLUE	PURPLE
	front support straight arms	Kick over with wedge mat on the wall or ground	Kick over on small bar	BHC alone	arch/hollow hangs on high bar	tap swings
	tummy roll	5 seconds tuck up/chin up hang	BHC with a spot	p/u position jump to squat on (floor bar)	cast squat on (low bar)	glide kip
	candlestick on rings	3 casts	straddle dismount from a block	3 Glide swings	Cast straddle dismount	cast to horizontal

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	Skills should be mastered on low			Unless indicated, all skills should be demonstrated on a medium or high beam		
Beam	RED	ORANGE	Yellow	GREEN	BLUE	PURPLE
	v-sit into knee scale	releve walks front, side, and back	arabesque hold	T- Tiger hop	handstand	cartwheel
	walking with beam feet forward & backward	posse walks	posse balance for 3 seconds	1/2 turn	straight jumps	split jump
	Straddle mount to stand up	safely mount the high	plie to straight leg lock	straddle jump dismount	side handstand	side handstand 1/4 turn twist off

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Floor	RED	ORANGE	Yellow	GREEN	BLUE	PURPLE
	Cartwheel	1 arm cartwheel	Fast or running cartwheel	Round-off off panel mat	Running round-off	Power hurdle round-off
	3/4 Handstand	HS on wall	Handstand forward roll	handstand fall to a bridge	Backhandspring on incline with a spot / Front handspring on incline	2 skills connected from green or blue
	Forward/Backward roll on incline or floor	Bridge w/ feet on elevated surface (incline) and forward and backward roll on flat surface	Backbend/kickover on wedge	Backbend kick-over on floor/Front walkover on incline	Back walkover on floor/Front walkover on floor	BHS on TumbITrak