

GIRLS INTERMEDIATE GOALS

INT 1

INT 2

INT 3

FLOOR	FLOOR	FLOOR
Stand up from bridge	Front limber	Leap connected to a Dance Jump
Straight Arm Back Roll to Push up off Mat	Straight Arm Back Roll to Push Up on Floor	Split Jump or Straddle Jump (180°)
Tick - Tock (hs split,bridge 1leg, and back)	Back walkover	Jump Full turn
BHS over lemon mat	Spotted BHS on wedge	Straight arm back roll w/ feet finish on folded wedge (feet higher than horizontal)
Round off w/ rebound	Roundoff rebound jump back to rezi	Front walkover
Step leap (slow, landing on one leg)	Chasse step leap	FHS Step out
Half turn	Full turn	FHS Two Feet
		Standing Back Handspring on Tumble Trak (unassisted)
VAULT	VAULT	VAULT
Handstand flatback vault on resi	Front handspring over resi	Handstand Flatfall off Table onto the resi
Jump onto table	Jump to table raised higher*	Round off over resi
Handstand hop (drill)*	Handstand hop to flatback drill*	Front Layout to back onto the resi*
BARS	BARS	BARS
Pullover with feet together	Pullover from hang	Cast above horizontal
Back hip circle (with spot)	Back hip circle	Cast squat on, jump to high bar
Cast to horizontal	Cast to squat	Long Hang Pullover on high bar
Glide swing to jump pullover	Glide swing to captain hook	Cast Straddle shoot dismount
Squat on (jump from bock)*	Conditioning routine (5 sec positions)*	Counterswing to Tap Swing Forward (3 in a row)
		Stem rise using a block
BEAM	BEAM	BEAM
Split jump (90 degrees)	Split jump 120 degrees	Back Hip Circle to Underswing(high bar)*
Leap (slow, landing one leg)	Leap 120 degrees from steps	Conditioning Routine: (Hold each position for 5 sec - do these shapes in a row) Hollow - L shape - Pointed toes Captain Hook - Inverted Candle - pullover to Front
3/4 Handstand	Vertical handstand	Support - Lower to Chin-Hold*
Side handstand on floor beam to 1/4 HS to push-up shape	Side handstand 1/4 turn dismount	
Passe half turn*	Passe half turn	
	Cartwheel on low beam*	Straight Jump to Split Jump 150°
		Leap (150°) + Jump of choice
		Cartwheel (lunge to step-in)
		Cross Handstand (hold 3 sec) -can be in a split leg position
		Passe Full Turn
		Wolf Half Turn
		Dismounts: Front Handspring / HS step-in to Rebound off end of beam
		Tic Toc*

*Not tested during class assessments

2025