

SCDP Practical Assessment – Artistic Gymnastics

Student Name: _____

1. Strength (12 points)

Skill	Max Points	Score
Plank Hold (Max 30 seconds)	3	
Push-ups (Max 10 reps)	3	
Hanging Hold on Bar (10 sec)	3	
Leg Raises on Wall Bars/Bars	3	
Total (Max 12)		

2. Flexibility (15 points)

Skill	Max Points	Score
Pike Stretch	3	
Bridge Hold (5 sec)	3	
Right Split	3	
Left Split	3	
Middle Split	3	
Total (Max 15)		

3. Jumps on Floor (9 points)

Skill	Max Points	Score
Straight Jump	2	
Tuck Jump	2	
Straddle Jump	2	
Half and Full Turn Jump	3	
Total (Max 9)		

4. Basic Skills (64 points)

A. Floor Skills (28 points)

Skill	Max Points	Score
Forward Roll	4	
Backward Roll	4	
Cartwheel	4	
Handstand	4	
Backbend	4	
Back Walkover	4	
Front Walkover	4	
Total (Max 28)		

B. Vault (8 points)

Skill	Max Points	Score
Straight Jump on Springboard and Landing	4	
Handstand Flat-Back on Mat	4	
Total (Max 8)		

C. Bars (12 points)

Skill	Max Points	Score
Hang on Bar	4	
Cast	4	
Chin-up Pullover	4	
Total (Max 12)		

D. Beam (16 points)

Skill	Max Points	Score
Walk Forward on Beam	4	
Walk Backward on Beam	4	
Balance Hold on Beam (1 Leg Raised for 3 Seconds)	4	
Jump or Dismount off Beam	4	
Total (Max 16)		

Final Scoring

Section	Max Points	Score
Strength	12	
Flexibility	15	
Jumps	9	
Basics	64	
Total (Max 100)		

Comments:

Pass/Fail
