

LIL' DRAGONS Category: MATT WORK	Student		Instructor:		Evaluation Week:
FRONT FALL	Basic Idea. Enthusiasm	From sitting position. Remembers to turn their head.	From kneeling position. Remembers to not land on their hands.	From kneeling position, remembers to "shoot their legs" out.	From kneeling position, does not need prompting to properly perform technique.
BACK FALL	Basic Idea. Enthusiasm	From sitting position. Remembers to cross their arms and slap.	From sitting position, remembers to not let their legs go over their head.	From sitting position, remembers to tuck their chin.	From sitting position, does not need prompting to properly perform technique.
BALANCE BEAM	Tries to stay on beam. Enthusiasm.	Stays on beam for at least a quarter of the way. Enthusiasm.	Stays on beam for at least half of the way. Enthusiasm.	Stays on beam for entire length and at least half way going backwards. Enthusiasm.	Can go entire length forwards and backwards with obstacles.
UNSTEADY 1 FOOT EXCERCISES	Tries to stay on the pad. Enthusiasm.	Can at least put one foot on top of the other and stay on pad for a count of 5.	Can keep one foot at ankle level without stepping off pad for a count of 10.	Can keep on foot at calf level without stepping off pad for a count of 20.	Can keep on foot at calf level with pad on head without stepping off for a count of 10.
100 TIME THEORY	Basic Idea. Enthusiasm	Basic Idea. Enthusiasm	Knows what the theory is at least.	Can say what the theory means.	Can give examples of using the 100 Time Theory.