

GINÁSTICA DE SOLO – Até ao final do 2º período

N	ALUNO	Nível Introdutório					Nível Elementar						Nível até 2º período	
		Pino	Cambalhota à frente	Cambalhota à retaguarda	Ponte	Avião	Pino rolamento à frente	Camb. à frente com pernas afast.	Camb. saltada	Camb. à retag. com PUE	Roda	Rodada		Camb. À retag. e subida pino
1		✓	✓	✓	✓	✓	✓ ^A ✓	×	✓ ✓	✓ ✓	✓			
2		×	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
3		×	×	×	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
4		×	×	×	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
5		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
6		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
7		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
8		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
9		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
10		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
11		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
12		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
13		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
14		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
15		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
16		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
17		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
18		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
19		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
20		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
21		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
22		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
23		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
24		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
25		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
26		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
27		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
28		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
29		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			
30		✓	✓	✓	✓	✓	✓	×	✓ ✓	✓ ✓	✓			