



Gymnastics Proficiency Awards

Level 1

Minimum pass requirement: 75% completed

1. Walk on all fours across the floor.
2. Walk around the room with arms straight up, touching ears.
3. Know & Show 'Tuck Sit'.
4. Lay perfectly flat with straight legs & arms up by ears for 5 seconds.
5. Jump forwards, backwards & sideways over a ribbon.
6. Run around, jump to land two feet on a spot on Coach's command 5 times.
7. Continuously bounce on trampette bed keeping balance.
8. Jump up and down on the spot landing with both feet each time.
9. Crawl along a bench, stand up and jump off to a safe landing.
10. Balance on one foot for 3 seconds, then the other.