



Gymnastics Proficiency Awards

Level 10

Minimum pass requirement: 75% completed

1. Back walkover OR backward roll to handstand.
2. Pike or straddle lift to headstand, held for three seconds.
3. Straight legged forward roll to pike stand.
4. Handstand $\frac{1}{2}$ Pirouette.
5. Round off (flight shown).
6. Dive roll from trampette.
7. Handstand flatback onto raised platform.
8. Handspring off raised platform.
9. Forward roll on beam OR single legged circle on floor.
10. Y-balance.