



Gymnastics Proficiency Awards

Level 11

Minimum pass requirement: 75% completed

1. Valdez
2. Tick-Tock OR Straight arm and straight legged backwards roll to handstand.
3. Front limber (handstand bridge to stand) OR headstand push to handstand.
4. Handspring.
5. One handed cartwheel, first hand.
6. 1 and ½ twist jump to secure landing on floor.
7. Straddle over box lengthways.
8. Handspring over box broadways from trampette.
9. Cartwheel on beam OR heli turn on floor.
10. Straddle lever OR half lever.