



Gymnastics Proficiency Awards

Level 12

Minimum pass requirement: 75% completed

1. Standing back flick.
2. Round off to arabian dive roll.
3. Forward walkover OR jump through straddle to handstand, roll out.
4. Handspring to 1, handspring to 2.
5. Cartwheel on both left and right leg.
6. Front tucked somersault from trampette to secure landing.
7. Handspring over box, broadways from springboard.
8. Handspring half off box, broadways from trampette.
9. Full spin on beam OR Double legged circle on mushroom.
10. Splits.