



Gymnastics Proficiency Awards

Level 2

Minimum pass requirement: 75% completed

1. Bean bag between feet, roll backwards and deposit on the floor behind head.
2. Roll backwards from seated tuck position.
3. Know and show “pike sit” and “straddle sit”.
4. Balance bean bag on head for three steps.
5. Roll sideways down a slope with arms up.
6. Bounce three times on a trampette bed then jump off to land on feet.
7. Know and show a secure landing position for a jump.
8. Bounce a ball on the floor and catch it.
9. Walk on tiptoes, arms up by ears along bench, jump off at the end.
10. On tummy pulling body along a bench just using arms.