



## Gymnastics Proficiency Awards

### Level 4

**Minimum pass requirement: 75% completed**

1. Front support turn to back support.
2. Move on hands and feet, tummy upwards ("Crab walk").
3. Forward roll to tuck sit down a slope.
4. Static high bunny hop with hips above shoulder height.
5. Hold arch and hold bent leg dish, for 5 seconds each.
6. Straight jump, Tuck jump and Star jump from trampette.
7. Run and jump onto springboard, arm swing, stretch jump off.
8. Jump to squat on to box top, stretch jump off to neat landing.
9. Bunny hop from side to side along a bench.
10. Hold a "plank" on elbows for 5 seconds.