



Gymnastics Proficiency Awards

Level 5

Minimum pass requirement: 75% completed

1. ½ turn jump with secure landing.
2. From seated, backwards roll to squat down a slope.
3. Roll forward in a straight line to long sit.
4. Walk up wall to handstand (tummy to wall) for 3 seconds
5. Hold arch and roll to dish, hold both for 3 seconds.
6. Straddle, Pike and half Turn jump from trampette.
7. From standing jump to straddle onto a box top, feet together, star jump off.
8. Squat onto box top, forwards roll.
9. March with straight legs and arms out a shoulder height, along a floor beam.
10. Tucked V-sit held for 5 seconds.