



Gymnastics Proficiency Awards

Level 6

Minimum pass requirement: 75% completed

1. Supported shoulder stand held for 5 seconds.
2. Straddle on, jump legs together, jump off box broadways, from springboard.
3. Rocking in tuck up to stand.
4. Handstand with support (from coach or against vertical surface)
5. Cartwheel action, side to side over bench.
6. Scissor kick on floor and cat leap on floor.
7. From floor forward roll onto box top lengthways.
8. Straddle (teddy bear) roll.
9. Walking backwards in an upright position along a floor beam.
10. V-sit held for 5 seconds.