



Gymnastics Proficiency Awards

Level 7

Minimum pass requirement: 75% completed

1. Unsupported shoulder stand (candlestick), held for 3 seconds.
2. Backward roll to straddle stand.
3. Forward roll to stand.
4. Handstand shown without support.
5. Cartwheel (side to side)
6. Cat leap and scissor kick on beam..
7. Straddle over box broadways.
8. Jump full twist with secure landing on floor.
9. Through Vault over box, broadways.
10. 3 press ups in front support.