



Gymnastics Proficiency Awards

Level 8

Minimum pass requirement: 75% completed

1. Bridge held for 5 seconds.
2. Backward roll to stand.
3. Forward roll, showing straight legs, during rotation.
4. Handstand forward roll.
5. Front to back cartwheel, finishing in lunge.
6. Jump full twist from trampette.
7. Squat onto box lengthways, straddle off.
8. Bunny hop onto the end of medium height beam. Hold a balanced squat for 3 seconds
9. Arabesque, held for 3 seconds.
10. Forward roll onto box, lengthways from springboard.