



## Gymnastics Proficiency Awards

### Level 9

**Minimum pass requirement: 75% completed**

1. Back bend into bridge.
2. Piked backwards roll to front support.
3. Forward roll to straddle stand.
4. Handstand held for 3 seconds.
5. Two consecutive cartwheels.
6. With feet on trampette bed, hands on raised platform, bounces towards handstand.
7. Stag leap and W-jump on floor.
8. Handstand flatback from box top onto landing mat.
9. Tuck jump or  $\frac{1}{2}$  turn jump on beam OR Swedish fall, chest roll to front support.
10. Tucked level elevated on benches, stilts or parallettes.