



## Gymnastics Proficiency Awards

### Level 3

**Minimum pass requirement: 75% completed**

1. Know and show front and back support, legs must be straight.
2. Show and hold a steady "Crab" shape, tummy high.
3. Bunny hop into and out of a row of five hoops.
4. Straight jump on floor.
5. Log roll on the floor x3, with arms up.
6. Repeat a sequence unprompted, 3 steps straight jump, 3 steps tuck jump, 3 steps star jump.
7. From squat jump up with arm swing, and extended legs, back down into a squat x3.
8. Jump off box top to land neatly in landing position.
9. Walk slowly along a floor beam.
10. Balance on one leg, show a bent knee balance to the front, held for 3 seconds.