



Gymnastics Proficiency Awards Level 10

Minimum pass requirement: 75% completed

- ⇒ Back walkover OR backward roll to handstand.
- ⇒ Straight legged lever to headstand, held for three seconds.
- ⇒ Forward roll to walkout, one leg raised OR straight legged forward roll to pike stand.
- ⇒ Handstand ½ Pirouette.
- ⇒ Round off (flight shown).
- ⇒ Dive roll from trampette.
- ⇒ Handstand flatback onto raised platform.
- ⇒ Handspring off raised platform.
- ⇒ Forward roll on beam OR single legged circle on floor.
- ⇒ Y-balance or Arabesque held for 3 seconds.