



## Gymnastics Proficiency Awards Level 11

**Minimum pass requirement: 75% completed**

- ⇒ Valdez
- ⇒ Tick-Tock OR Straight arm and straight legged backwards roll.
- ⇒ Front limber (handstand to bridge) OR headstand push to handstand.
- ⇒ Handspring.
- ⇒ Cartwheel on both left and right legs.
- ⇒ 1 and ½ twist jump to secure landing on floor.
- ⇒ Straddle over box lengthways.
- ⇒ Handspring over box broadways from trampette.
- ⇒ Cartwheel on beam OR heli turn on floor.
- ⇒ Japana OR half lever.