



Gymnastics Proficiency Awards Level 12

Minimum pass requirement: 75% completed

- ⇒ Standing back flick.
- ⇒ Arabian dive roll.
- ⇒ Forward walkover OR jump through straddle to handstand, roll out.
- ⇒ Handspring to 1, handspring to 2.
- ⇒ Cartwheel one handed, first hand.
- ⇒ Front tucked somersault from trampette to secure landing.
- ⇒ Handspring over box, broadways from springboard.
- ⇒ Handspring half off box, broadways from trampette.
- ⇒ Full spin on beam OR Double legged circle on mushroom.
- ⇒ Front splits (left or right).