



Gymnastics Proficiency Awards Level 1

Minimum pass requirement: 75% completed

- ⇒ Walk around the floor on hands and feet.
- ⇒ Walk around the room with arms straight up, touching ears.
- ⇒ Know & Show 'Tuck Sit'.
- ⇒ Lay perfectly flat with straight legs & arms up by ears for 5 seconds.
- ⇒ Jump forwards, backwards & sideways over a ribbon.
- ⇒ Run around, jump to land two feet on a spot on Coach's command 5 times.
- ⇒ Continuously bounce on trampette bed keeping balance.
- ⇒ Jump up and down on the spot landing with both feet each time.
- ⇒ Crawl along a bench, stand up and jump off to a safe landing.
- ⇒ Balance on one foot for 3 seconds, then the other.