



Gymnastics Proficiency Awards Level 2

Minimum pass requirement: 75% completed

- ⇒ Bean bag between feet, roll backwards and deposit on the floor behind head.
- ⇒ Roll backwards from seated tuck position.
- ⇒ Know and show "pike" and "straddle" sits.
- ⇒ Balance bean bag on head for three steps.
- ⇒ Roll sideways down a slope with arms up.
- ⇒ Bounce three times on a trampette then jump off to land on feet.
- ⇒ Know and show a secure landing position for a jump.
- ⇒ Bounce a ball on the floor and catch it.
- ⇒ Walk on tiptoes, arms up by ears along bench, jump off at the end.
- ⇒ On tummy pulling body along a bench just using arms.