



## Gymnastics Proficiency Awards Level 3

**Minimum pass requirement: 75% completed**

- ⇒ Know and show front and back support, legs must be straight.
- ⇒ Show and hold a steady "Crab" shape, tummy high.
- ⇒ Bunny hop into and out of a row of five hoops.
- ⇒ Straight jump on floor.
- ⇒ Log roll on the floor x3, with arms up.
- ⇒ Repeat a sequence unprompted, 3 steps straight jump, 3 steps tuck jump, 3 steps star jump.
- ⇒ From squat jump up with arm swing, and extended legs, back down into a squat x3.
- ⇒ Jump of box top to land neatly in landing position.
- ⇒ Walk slowly along a floor beam.
- ⇒ Show a bent knee balance to the front, held for 3 seconds.