



## Gymnastics Proficiency Awards Level 4

**Minimum pass requirement: 75% completed**

- ⇒ Front support turn to back support.
- ⇒ Move on hands and feet, tummy upwards ("Crab walk").
- ⇒ Forward roll to tuck sit down a slope.
- ⇒ Show straight inverted shape ("plank") with feet up a wall, hands on floor. Hold for 3 seconds.
- ⇒ Hold dish and arch (with bent legs), for 5 seconds each.
- ⇒ Straight jump from trampette.
- ⇒ Run and jump onto springboard, arm swing, stretch jump off.
- ⇒ Jump to squat on to box top, stretch jump off to neat landing.
- ⇒ Bunny hop from side to side along a bench.
- ⇒ Hold a "plank" on elbows for 5 seconds.