



Gymnastics Proficiency Awards Level 5

Minimum pass requirement: 75% completed

- ⇒ ½ turn jump with secure landing.
- ⇒ From seated roll backwards down a slope to squat.
- ⇒ Roll forward in a straight line to long sit.
- ⇒ Static bunny hops with hips above shoulder height.
- ⇒ Hold arch and roll to dish, hold both for 3 seconds.
- ⇒ Tuck jump from trampette.
- ⇒ From standing jump to straddle onto a box top, feet together, star jump off.
- ⇒ Squat onto box top, roll forwards.
- ⇒ March with straight legs and arms out a shoulder height, along a floor beam.
- ⇒ V-sit held for 5 seconds.