



## Gymnastics Proficiency Awards Level 6

**Minimum pass requirement: 75% completed**

- ⇒ Supported shoulder stand held for 5 seconds.
- ⇒ From stand roll backwards to straddle stand down a slope.
- ⇒ Tuck roll backwards and forwards to stand.
- ⇒ Handstand with support (from coach or against vertical surface)
- ⇒ Cartwheel action, side to side over bench.
- ⇒ Star and straddle jump from trampette.
- ⇒ From floor forward roll onto box top lengthways.
- ⇒ Straddle (teddy bear) roll.
- ⇒ Walking backwards in an upright position on a floor beam.
- ⇒ 3 Press ups in front support.