



Gymnastics Proficiency Awards Level 8

Minimum pass requirement: 75% completed

- ⇒ Bridge held for 5 seconds.
- ⇒ Backward roll to stand.
- ⇒ Forward roll, showing straight legs, during rotation.
- ⇒ Handstand forward roll.
- ⇒ Front to back cartwheel, finishing in lunge.
- ⇒ Jump full twist with secure land on floor.
- ⇒ Through vault over box broadways.
- ⇒ Squat onto box lengthways, straddle jump off.
- ⇒ Cat leap on beam or scissor kick on floor.
- ⇒ 5 Consecutive V-sits (no feet or arms/head to touch the floor).