



## Gymnastics Proficiency Awards Level 9

**Minimum pass requirement: 75% completed**

- ⇒ Back bend into bridge.
- ⇒ Piked backwards roll to front support.
- ⇒ Forward roll to straddle stand.
- ⇒ Handstand held for 3 seconds.
- ⇒ 2 consecutive cartwheels.
- ⇒ With feet on trampette bed, hands on raised platform, bounces towards handstand.
- ⇒ Straddle over box broadways.
- ⇒ Handstand flatback from box top onto landing mat.
- ⇒ Tuck jump or ½ turn jump on beam OR Swedish fall, chest roll to front support.
- ⇒ Tucked level elevated on benches, stilts or parallettes.