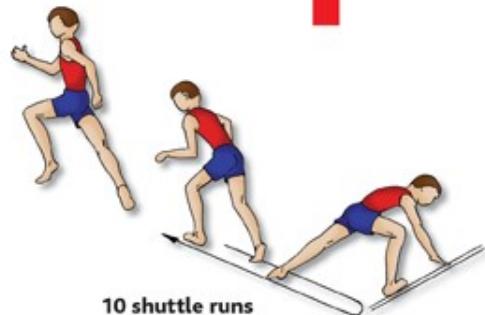


proficiency awards



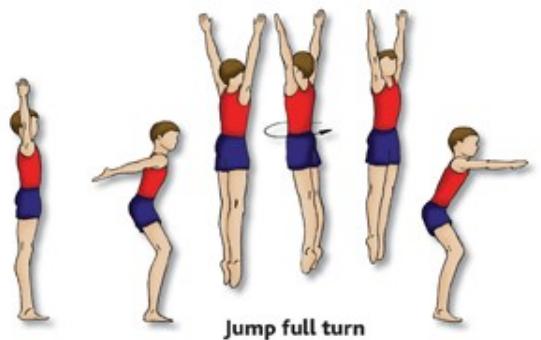
10 shuttle runs



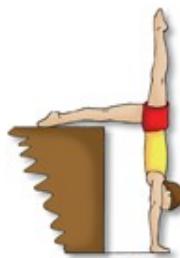
Front splits or Side splits



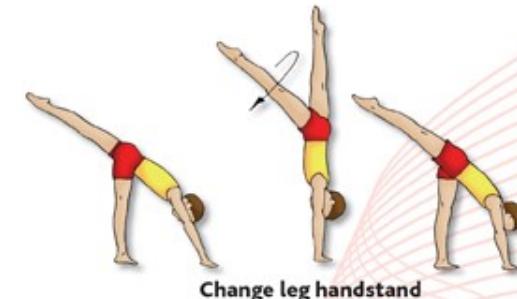
Half lever or straddled half lever



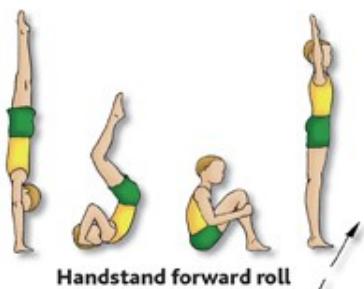
Jump full turn



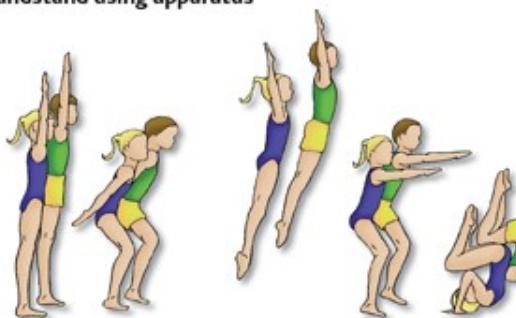
Moving toward handstand using apparatus



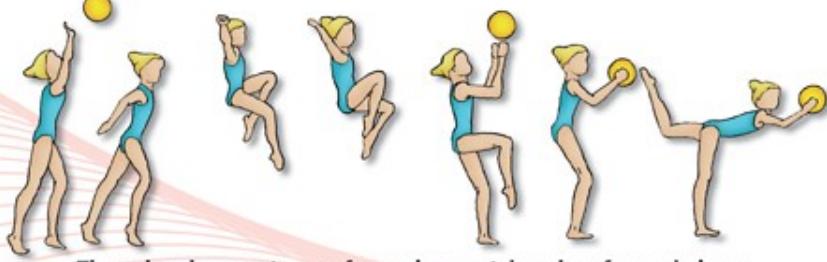
Change leg handstand



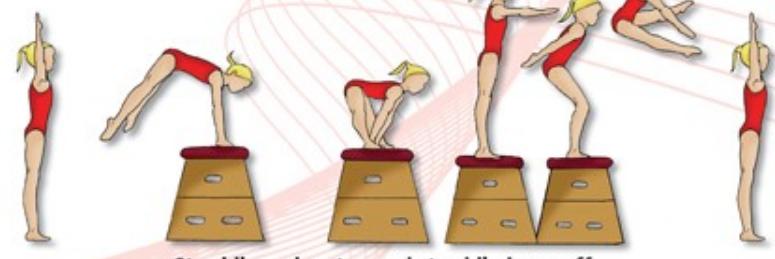
Handstand forward roll



Matched and mirrored sequence – to include roll, jump and balance

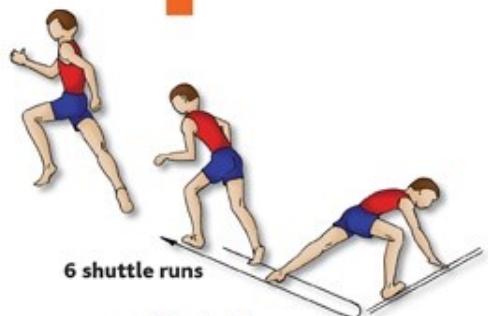


Throw hand apparatus, perform a leap, catch and perform a balance



Straddle on box top and straddle jump off

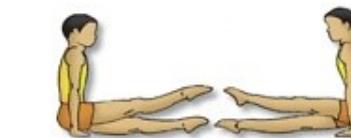
proficiency awards



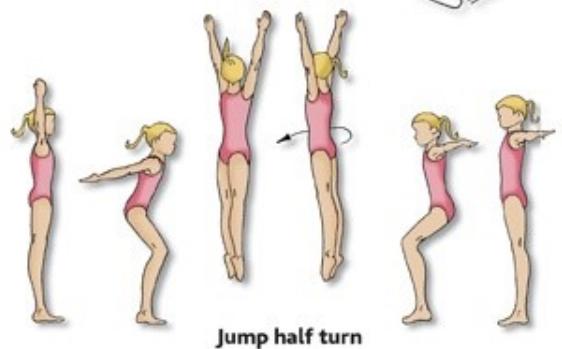
6 shuttle runs



Bridge



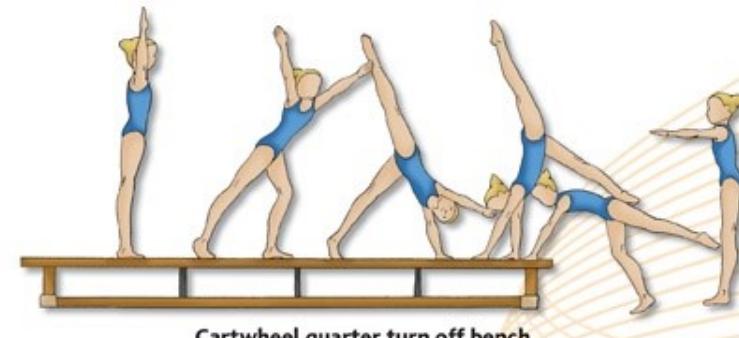
Half lever with 1 foot only raised – change legs



Jump half turn



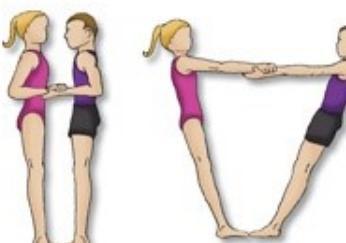
Headstand



Cartwheel quarter turn off bench



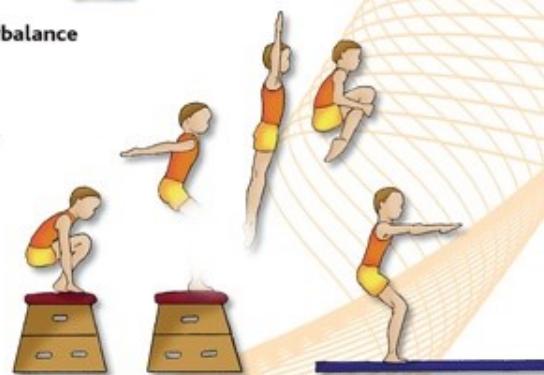
Backward roll



Counterbalance



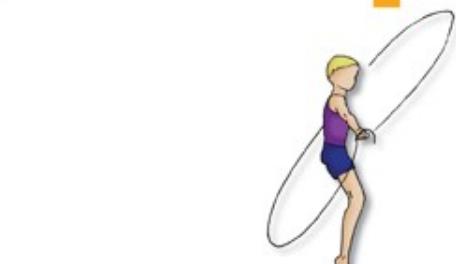
Single knee balance, throw and catch hand apparatus



Squat on box top and tuck jump off

2

proficiency awards



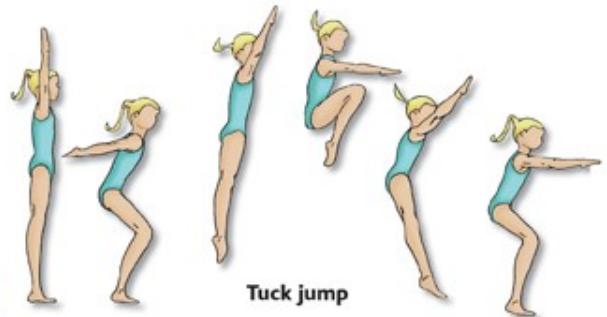
Skip for 45 seconds



Japana flat



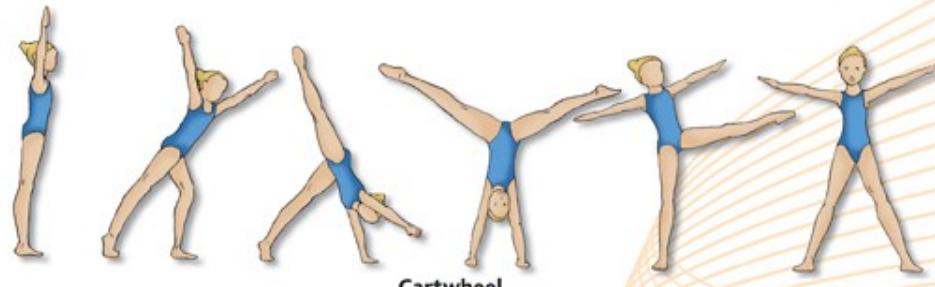
Headstand with knees bent and lower into frog



Tuck jump



Headstand with knees bent



Cartwheel

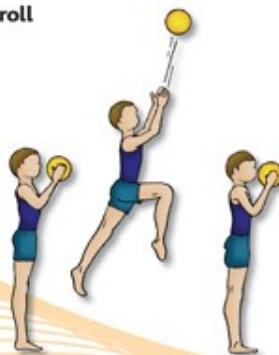


Forward roll

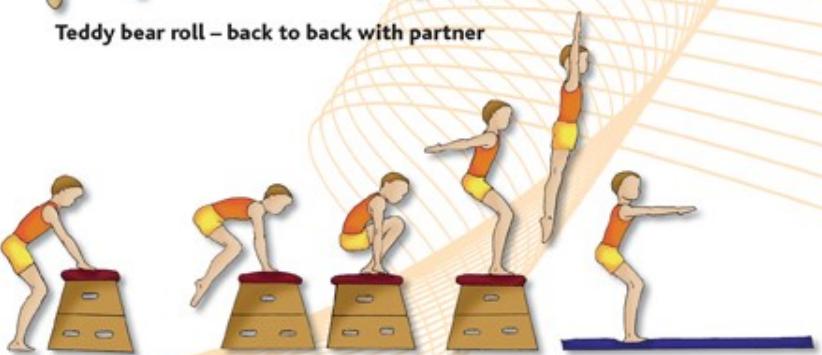


Teddy bear roll – back to back with partner

Viewed from
above



Throw, jump and catch hand apparatus



Squat on box top and stretch jump off

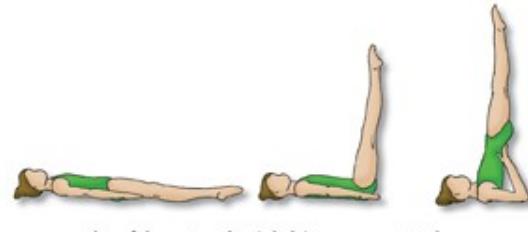
proficiency awards



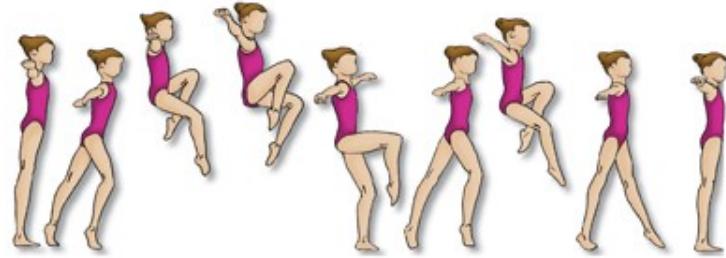
Skip for 30 seconds



Low lunges with both legs – forwards and sideways



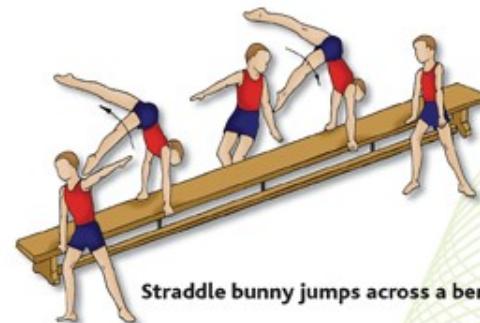
Shoulder stand with hips supported



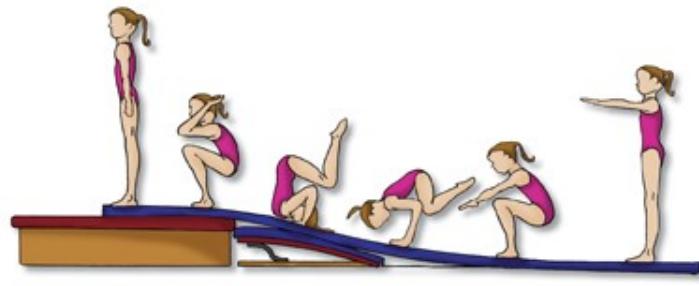
Cat leaps, 2 times, each leg



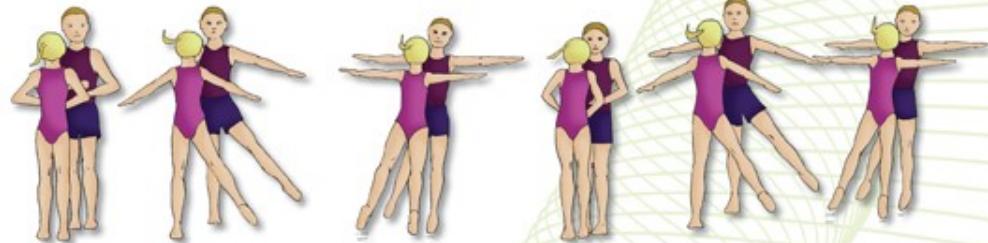
Frog balance



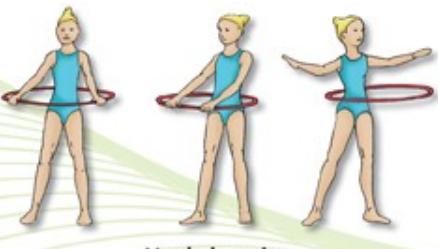
Straddle bunny jumps across a bench side-to-side



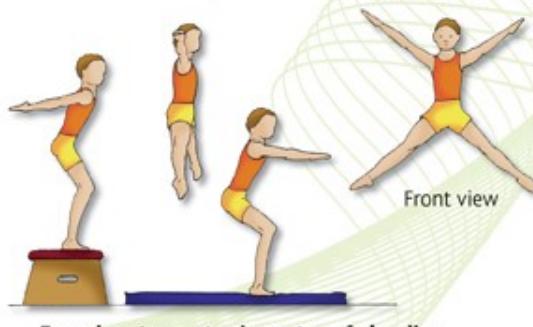
Tucked backward roll down an incline



Chassis steps with arm swing, facing partner

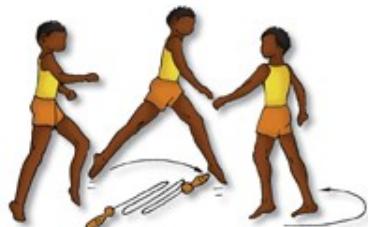


Hoola hooping



From box top – star jump to safe landing

proficiency awards



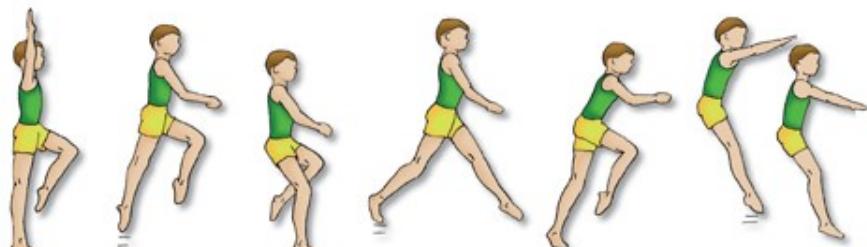
Leap from 1 foot to the other



Japana to 45 °



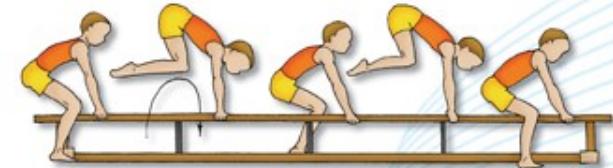
Move sideways from dish to arch



Hop, step and jump



T-balance



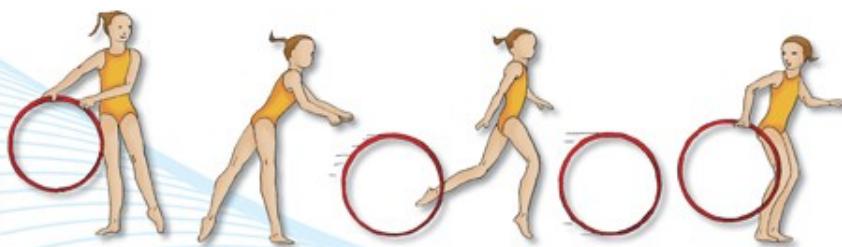
Bunny jumps over a bench side-to-side



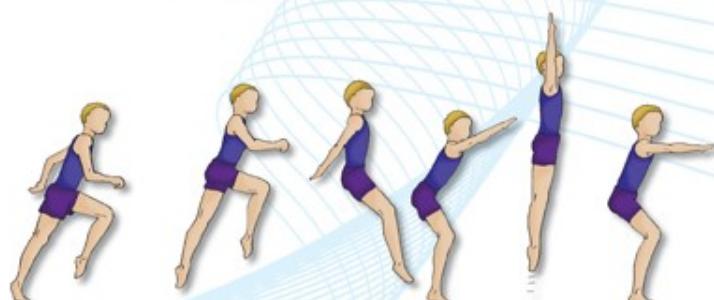
Tucked forward roll down an incline



Front support with partner

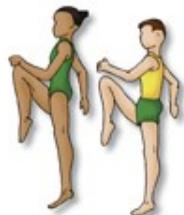


Roll a ball or hoop, travel at its side and pick it up



Run, hurdle step and 2 footed rebound jump

proficiency awards



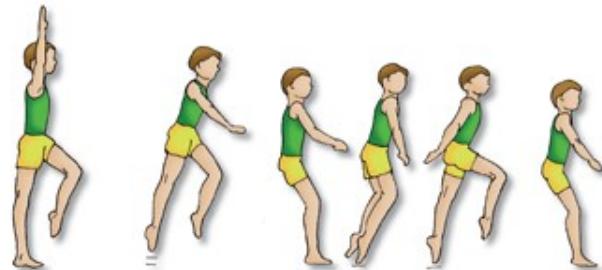
Follow my leader in pairs using different actions for 1 minute



Dish and arch



Press-up forwards and backwards



Hop jump, hop jump along the floor



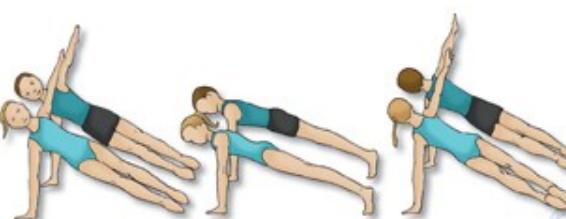
Piked V-sit with hand support



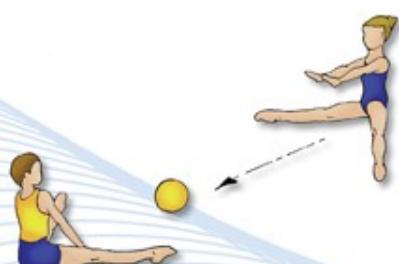
Travelling bunny jumps



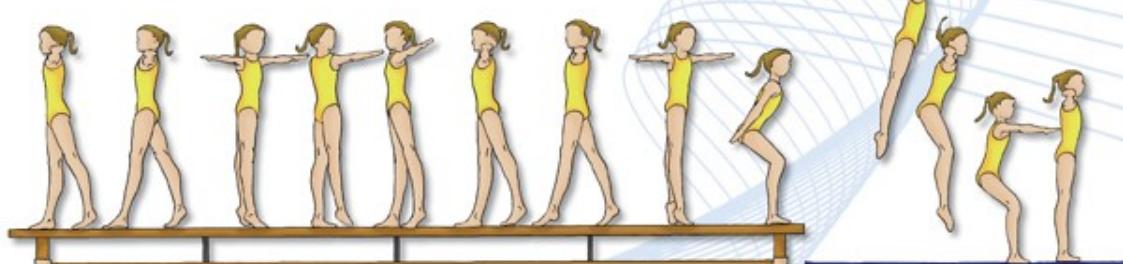
Rock backwards and forwards tucked to stand



Side support on 1 arm, turn slowly to the other

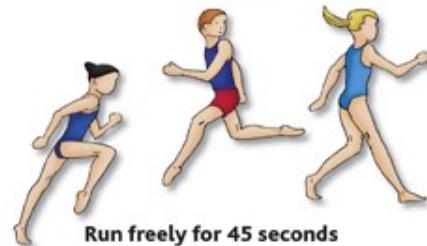


With partner, roll and catch a ball or hoop

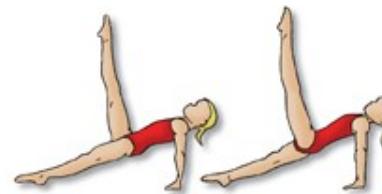


Walk backwards along a bench and full turn in the middle

proficiency awards



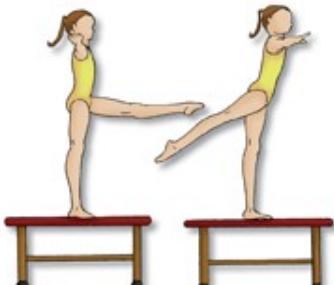
Bent leg dish



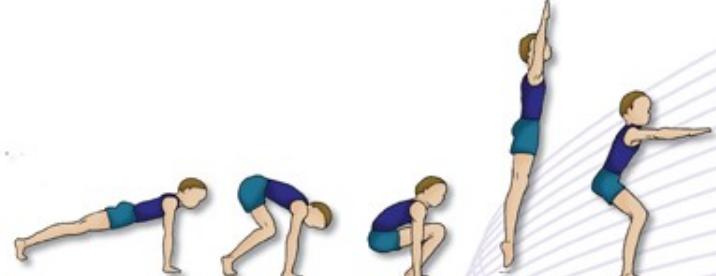
Back support raising 1 leg at a time towards the vertical



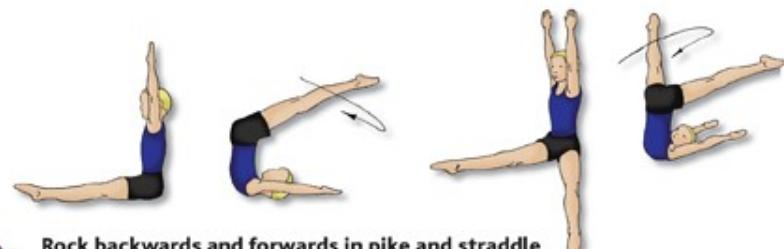
Stand and jump to safe landing



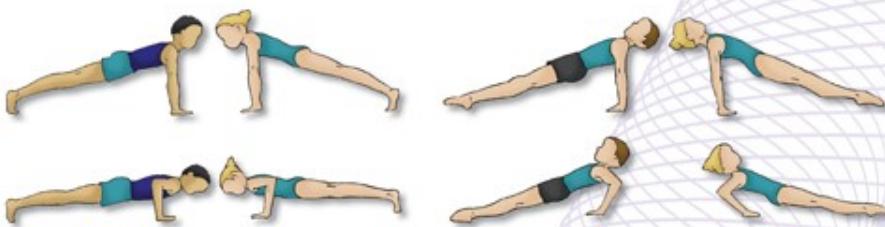
1 foot balance on bench or box top



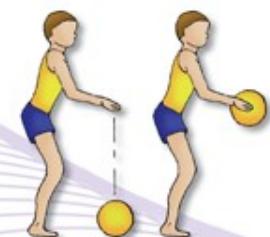
From front support, jump in and up



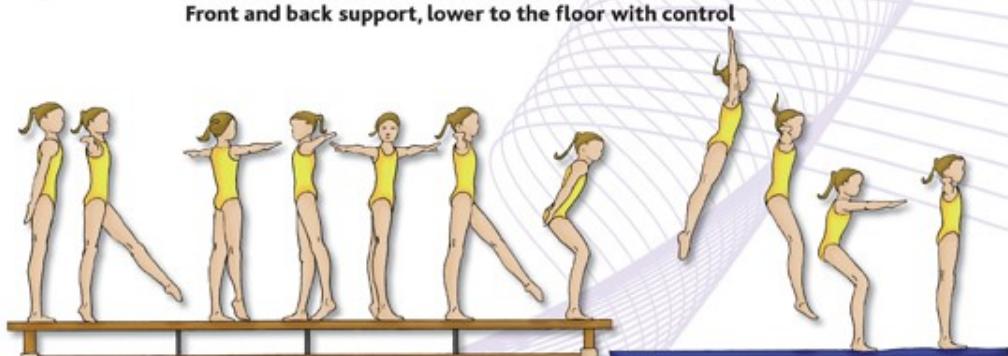
Rock backwards and forwards in pike and straddle



Front and back support, lower to the floor with control

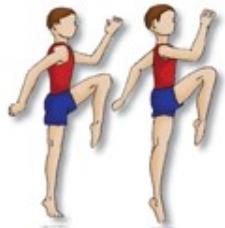


Bounce and catch a ball 3 times

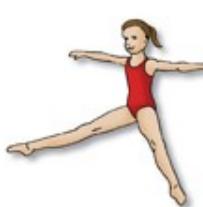


Walk forwards along a bench and full turn in the middle

proficiency awards



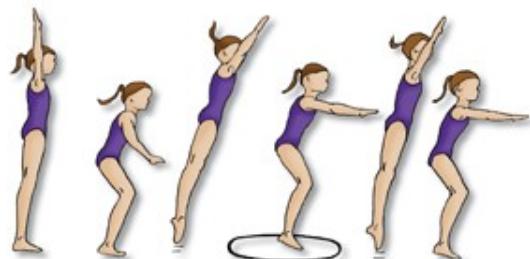
Run on the spot for 30 seconds



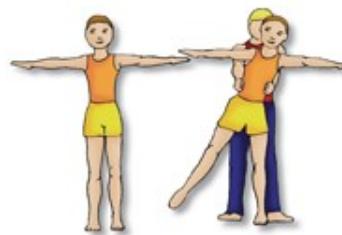
Fun gym shapes – sit in tuck, pike, straddle. Stand with tall stretch and star



Front and back support



Jump in and out of a hoop



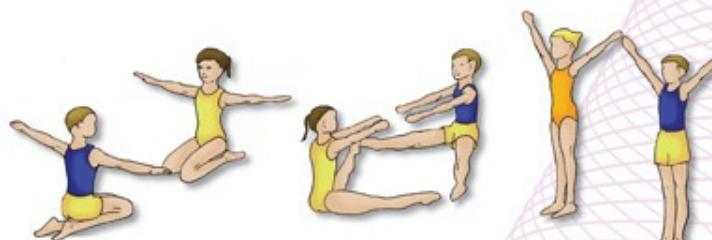
Transfer weight from 1 foot to the other



From crouch, bunny jump



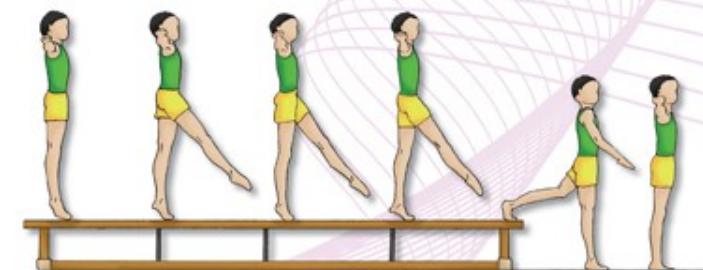
Rock backwards and forwards in tuck



Matched and mirrored sequence of arm positions



Explore patterns using ribbons or scarves



Walk forwards along a bench on tiptoes

Proficiency Awards

Pre – School (1)



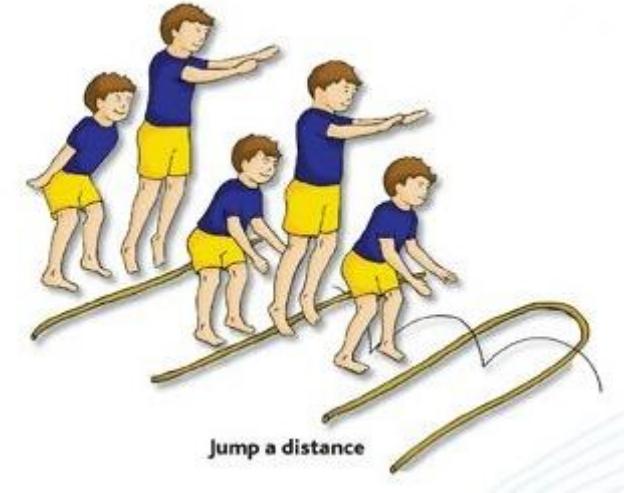
Running on the spot



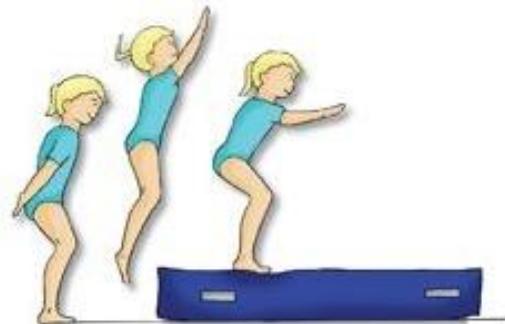
Hopping



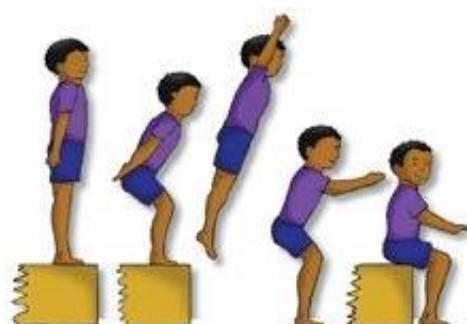
Jump up high



Jump a distance



Land onto a higher surface



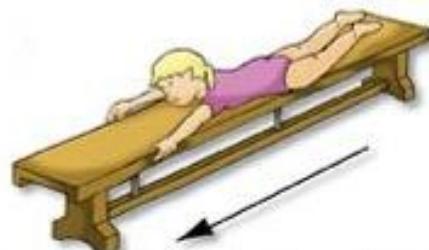
Safe landing



Static balances on one leg



Weight on hands, supporting the body on any apparatus



General development and coordination using pulling strength of the upper body

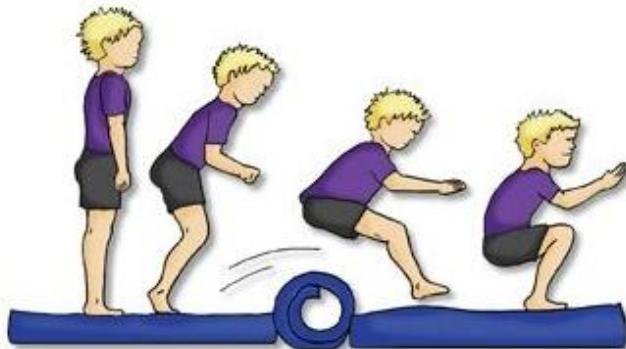


Upside down, sideways

Action
Balance
Coordination

Proficiency Awards

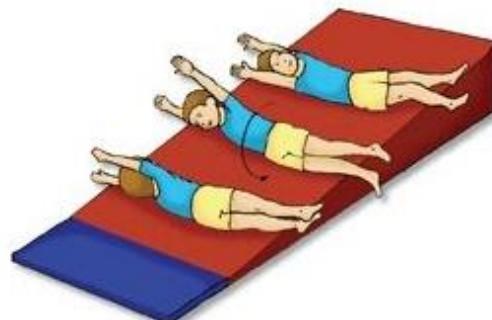
Pre – School (2)



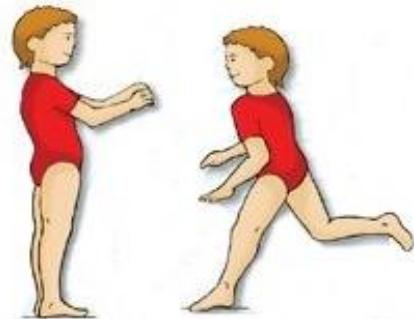
Leap or jump over an obstacle



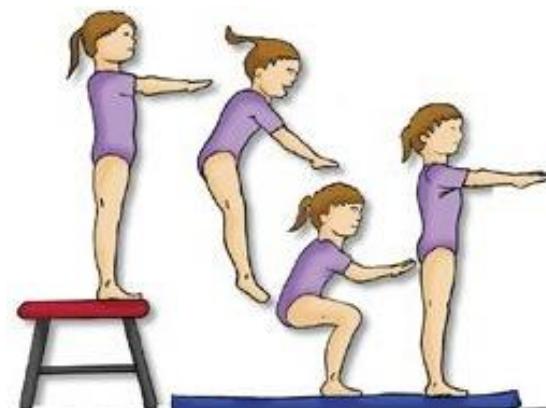
Skipping



Roll down an incline



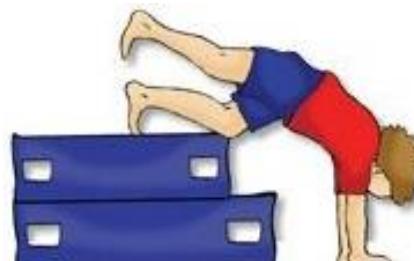
Start and stop running on command



Land safely from height



Land safely after leaping or jumping
over an obstacle



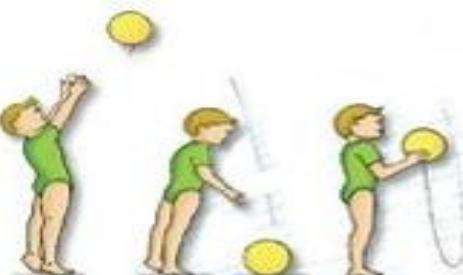
Upside down shapes



Weight on hands and travel in
support on any apparatus



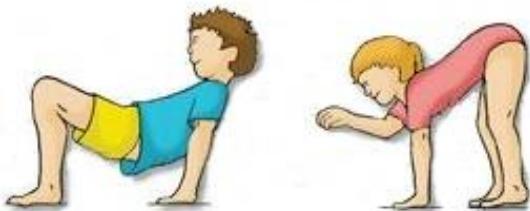
General development and coordination for
core strength



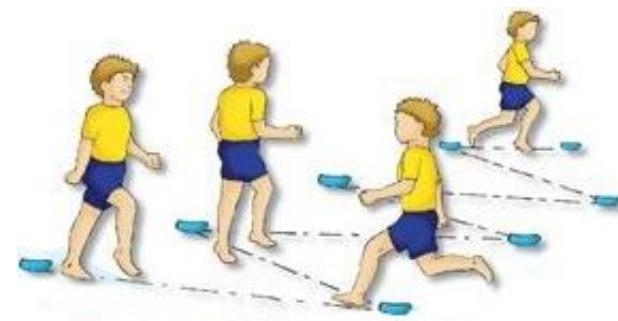
Throw a ball up, let it bounce
and catch it

Proficiency Awards

Pre – School (3)



Weight on hands and travel in different shapes and directions



Run with changes in direction



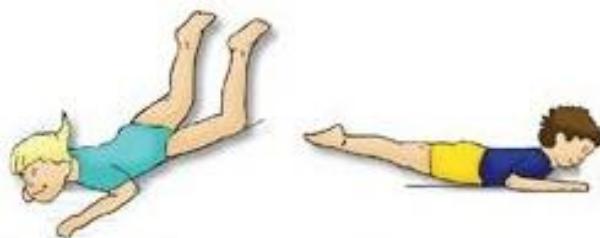
Roll in different directions with or without apparatus



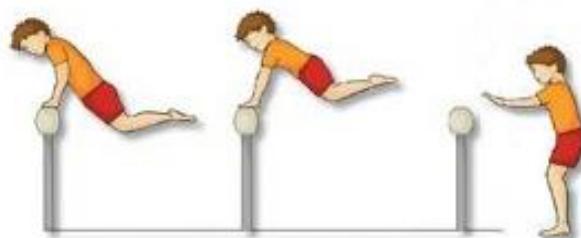
Fast running



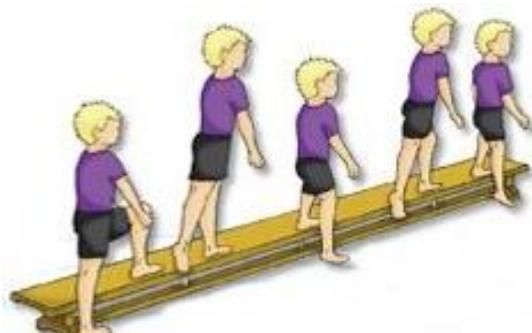
Upside down in handstand variations



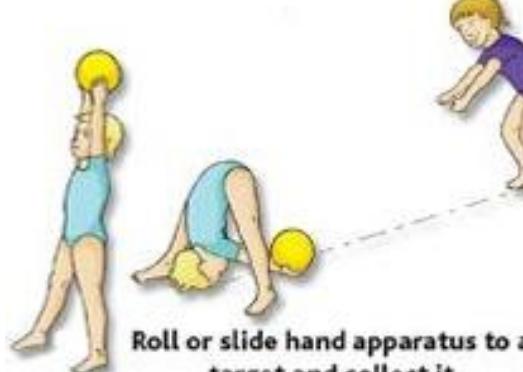
Static balances on different body parts



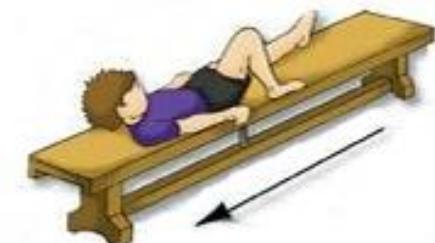
Weight on hands with small swings in support on any apparatus



Dynamic balance, keeping in control during movement



Roll or slide hand apparatus to a target and collect it



General development and coordination using pushing strength of the upper body