



致各體操班學生家長:

由 2015 年 2 月起英國體操協會章別測驗內容有所變更，所有學員將按級別參加每年兩次的測驗，學員必須完成 7 個動作或以上為合格論，合格者均獲取英國體操協會發出之證書及徽章。曾考獲英國體操章章別之學生，會依照上一年的級別，繼續考取下一個章別。而成功考獲英國體操章章別試第一級章別之學員，將會參與中國香港體操總會章別獎勵計劃。如欲了解測驗動作內容，請瀏覽體育先鋒網頁。

學員考試級別劃分：

幼稚園	P1 , P2 , P3 和 8 級
小學	由 7 級至 1 級
中學	中國香港體操總會章別

總監 鄭美芳 謹啟
體育先鋒有限公司

To parents,

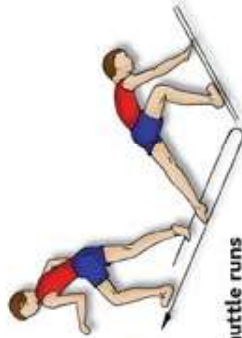
As there are updates in the scheme of **B.A.G.A. (BRITISH AMATEUR GYMNASTICS ASSOCIATION)** Proficiency awards test, all gymnasts can enroll to this test according to their grading. The test conducts twice a year. Gymnasts who pass 70% of the moves will be given a B.A.G.A. certificate and a badge. Those obtain B.A.G.A. certificates will start from their own level. For more details about test content, please visit Sportscene website.

New B.A.G.A. Scheme :

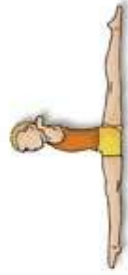
Kindergarten	P1 , P2, P3 & Level 8
Primary	Level 7 or above
Secondary	GAHK Badge Test

Director
Ms. May Kwong
Sportscene Limited

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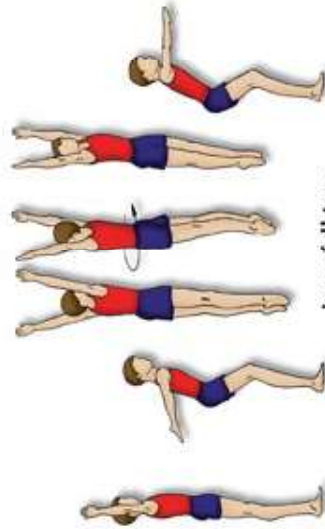
10 shuttle runs



Front splits or Side splits



Half lever or straddled half lever



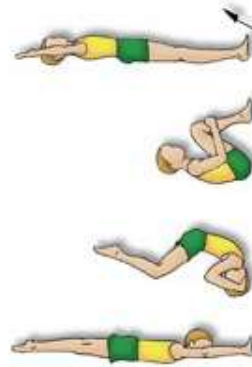
Jump full turn



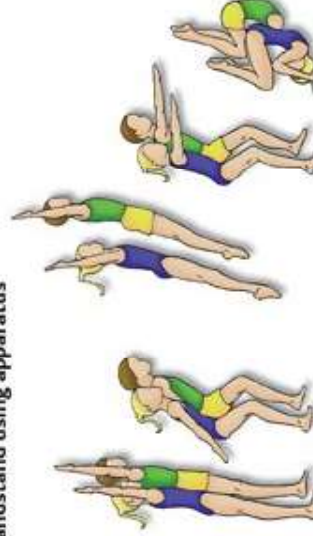
Moving toward handstand using apparatus



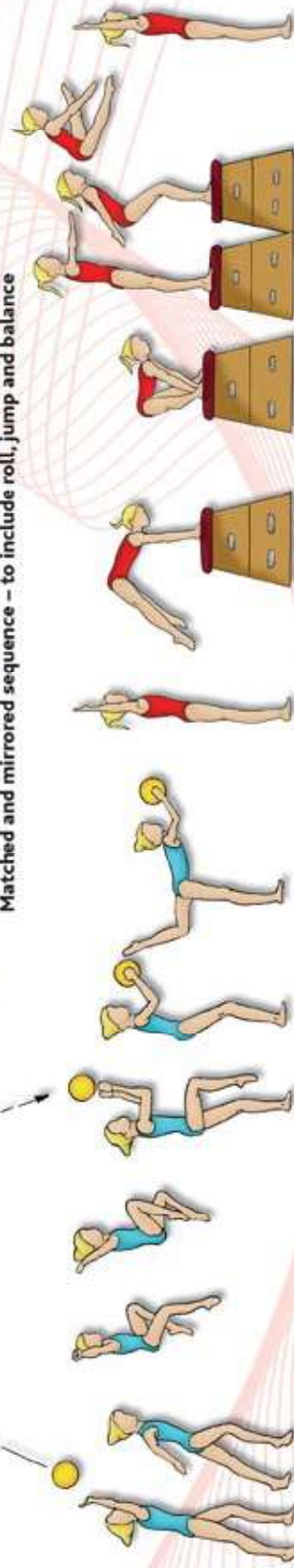
Change leg handstand



Handstand forward roll



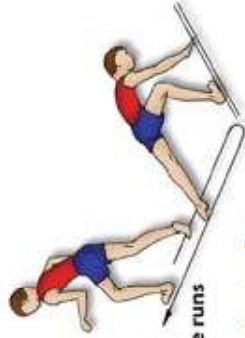
Matched and mirrored sequence – to include roll, jump and balance



Straddle on box top and straddle jump off

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

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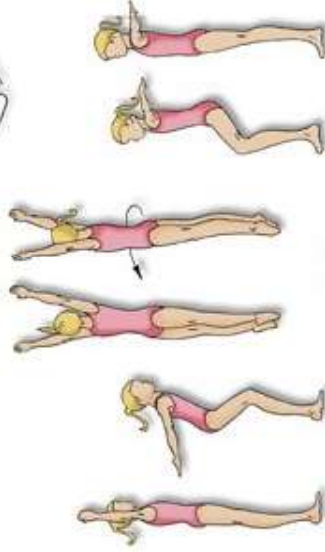
6 shuttle runs



Bridge



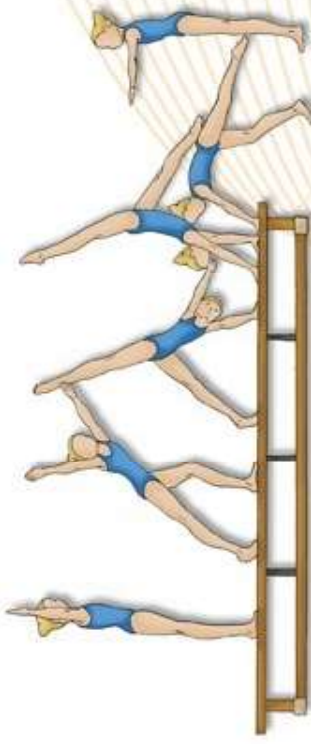
Half lever with 1 foot only raised - change legs



Jump half turn



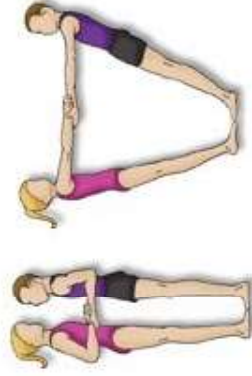
Headstand



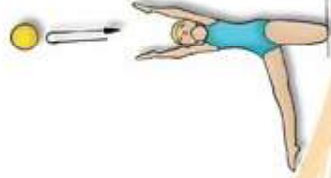
Cartwheel quarter turn off bench



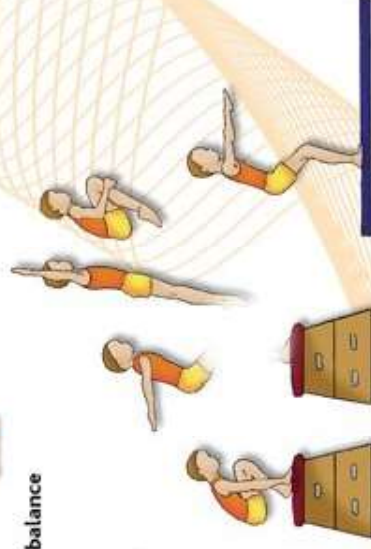
Backward roll



Counterbalance



Single knee balance, throw and catch hand apparatus

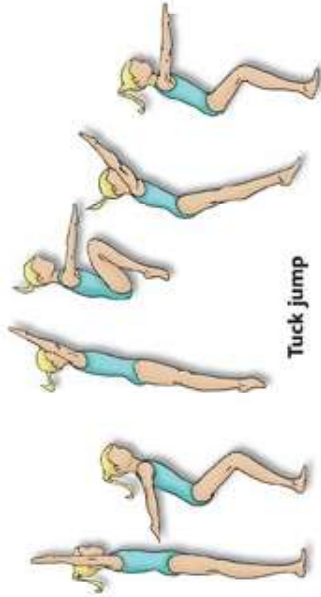


Squat on box top and tuck jump off

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Skip for 45 seconds



Tuck jump



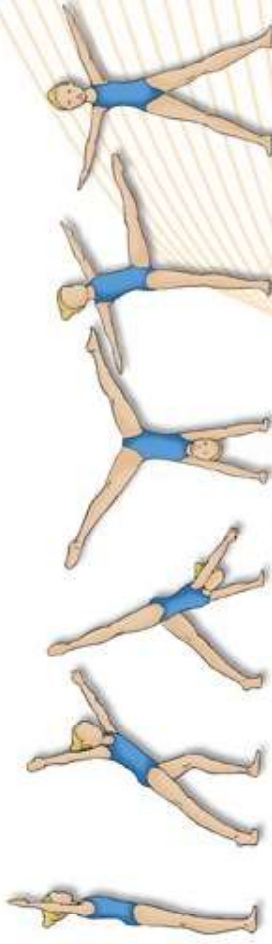
Japana flat



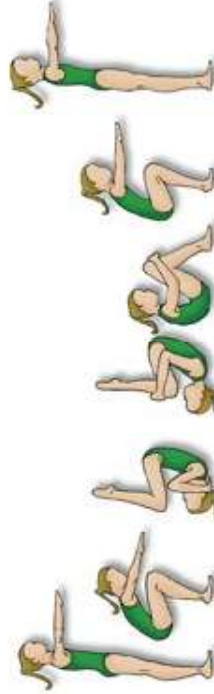
Headstand with knees bent



Headstand with knees bent and lower into frog



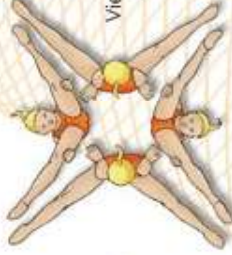
Cartwheel



Forward roll



Teddy bear roll – back to back with partner



Viewed from above

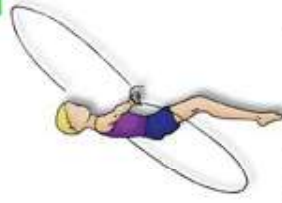


Throw, jump and catch hand apparatus



Squat on box top and stretch jump off

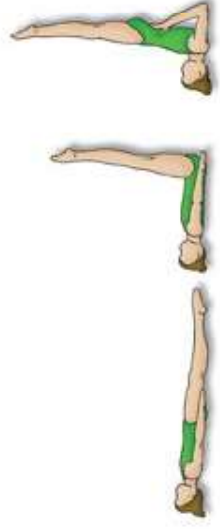
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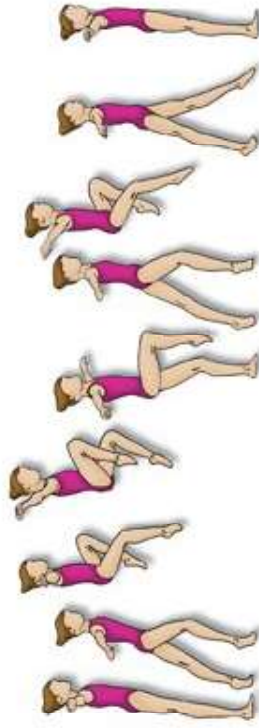
Skip for 30 seconds



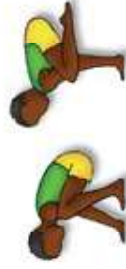
Low lunges with both legs – forwards and sideways



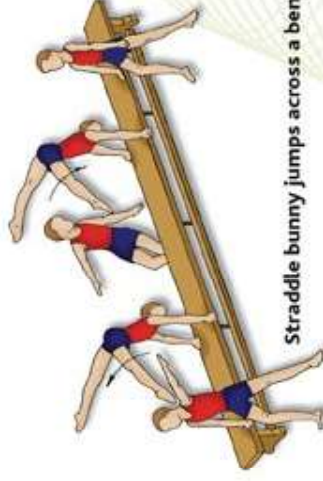
Shoulder stand with hips supported



Cat leaps, 2 times, each leg



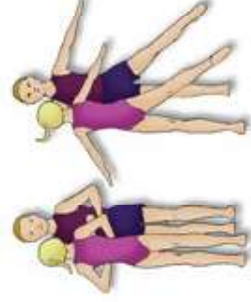
Frog balance



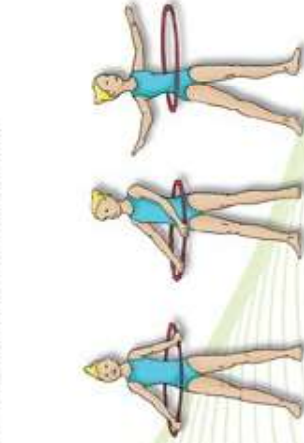
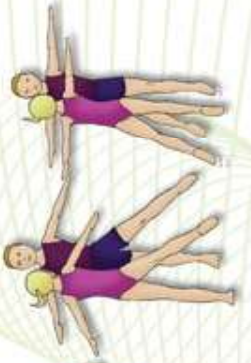
Straddle bunny jumps across a bench side-to-side



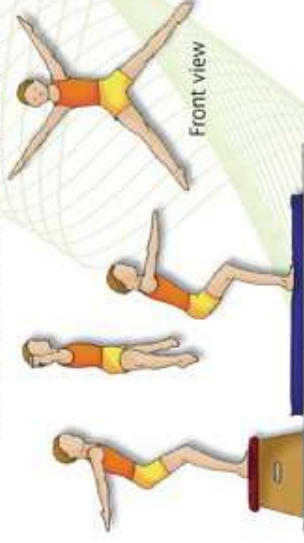
Tucked backward roll down an incline



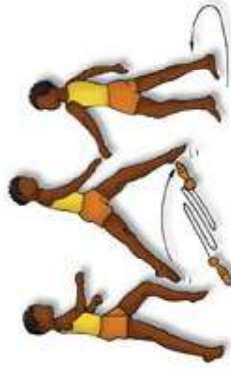
Chassis steps with arm swing, facing partner



Hoola hooping



From box top – star jump to safe landing



Leap from 1 foot to the other



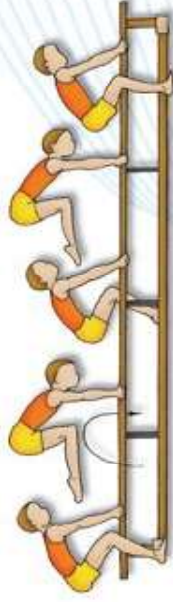
Japan to 45°



Move sideways from dish to arch



Hop, step and jump



Bunny jumps over a bench side-to-side



T-balance



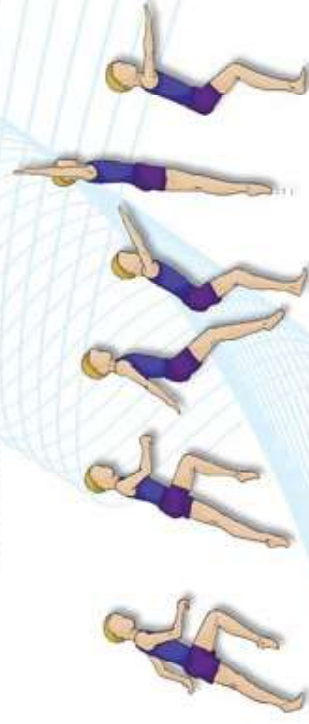
Tucked forward roll down an incline



Front support with partner



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

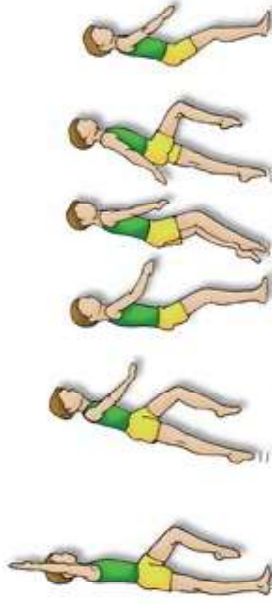


Run, hurdle step and 2 footed rebound jump

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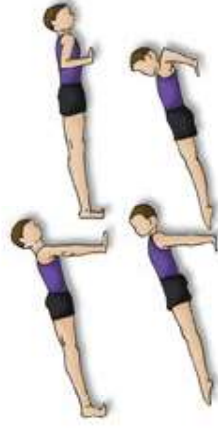
Follow my leader in pairs using different actions for 1 minute



Hop jump, hop jump along the floor



Dish and arch



Press-up forwards and backwards



Piked V-sit with hand support



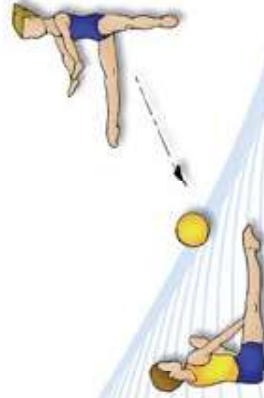
Travelling bunny jumps



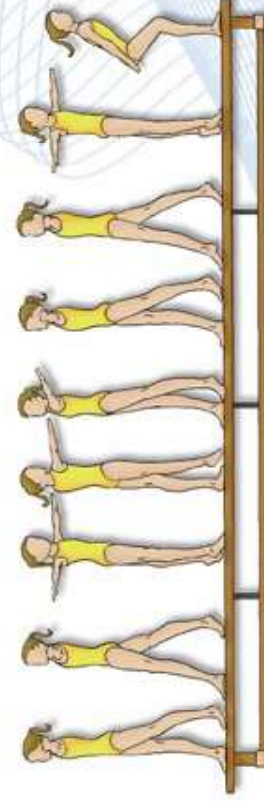
Rock backwards and forwards tucked to stand



Side support on 1 arm, turn slowly to the other



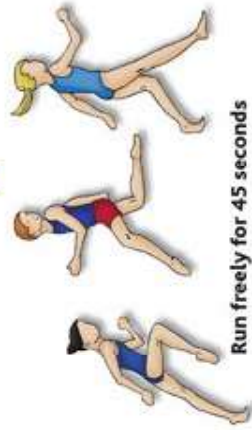
With partner, roll and catch a ball or hoop



Walk backwards along a bench and full turn in the middle



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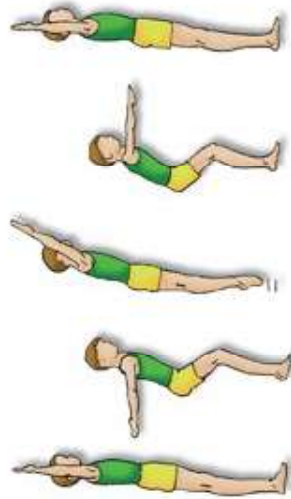
Run freely for 45 seconds



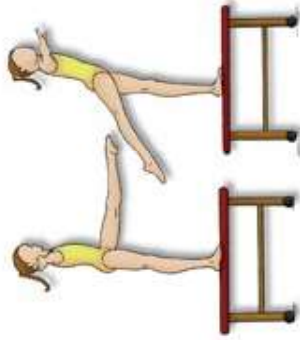
Back support raising 1 leg at a time towards the vertical



Bent leg dish



Stand and jump to safe landing



1 foot balance on bench or box top



From front support, jump in and up



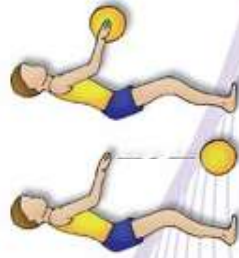
Rock backwards and forwards in pike and straddle



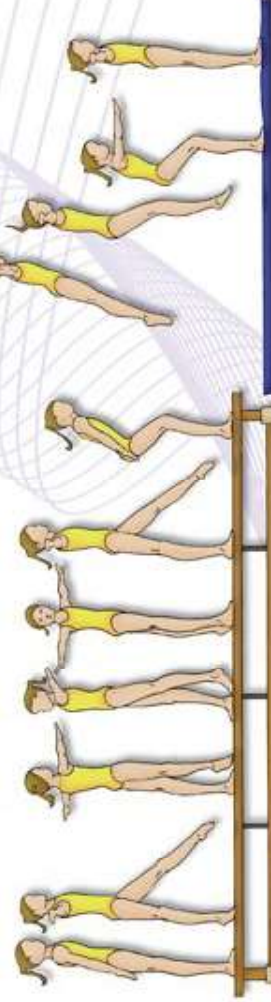
Front and back support, lower to the floor with control



Bounce and catch a ball 3 times

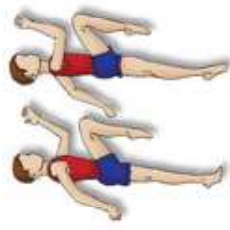


Walk forwards along a bench and full turn in the middle



Bounce and catch a ball 3 times

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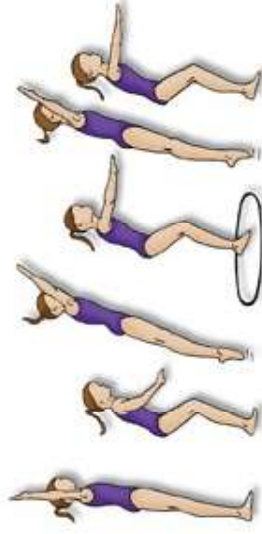
Run on the spot for 30 seconds



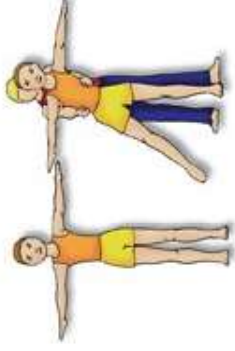
Fun gym shapes – sit in tuck, pike, straddle. Stand with tall stretch and star



Front and back support



Jump in and out of a hoop



Transfer weight from 1 foot to the other



From crouch, bunny jump



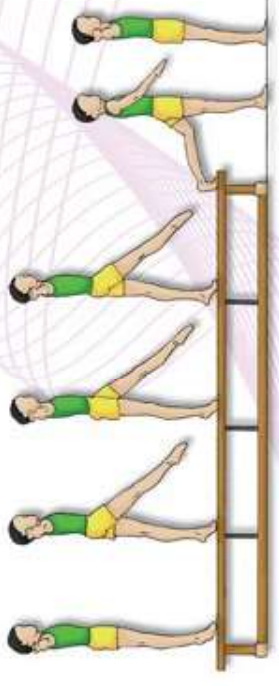
Rock backwards and forwards in tuck



Matched and mirrored sequence of arm positions



Explore patterns using ribbons or scarves



Walk forwards along a bench on tiptoes

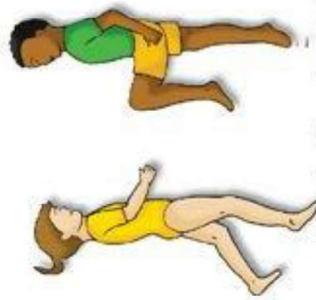
8

Proficiency Awards

Pre – School (1)



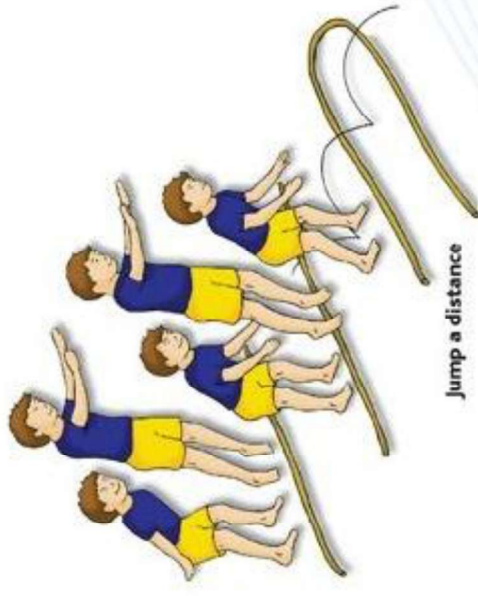
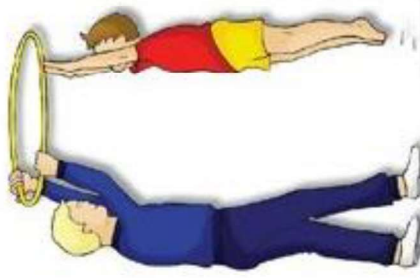
Running on the spot



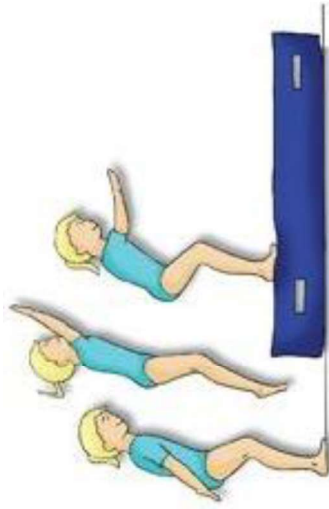
Hopping



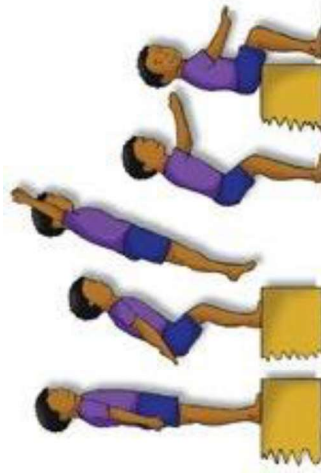
Jump up high



Jump a distance



Land onto a higher surface



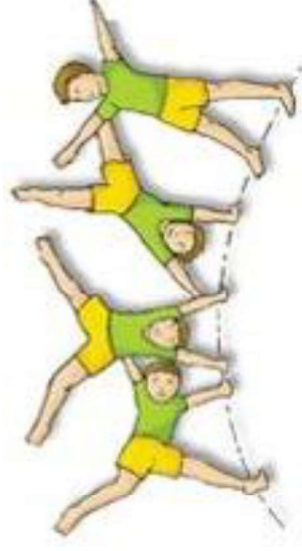
Safe landing



Static balances on one leg



Weight on hands, supporting the body on any apparatus



Upside down, sideways



General development and coordination using pulling strength of the upper body

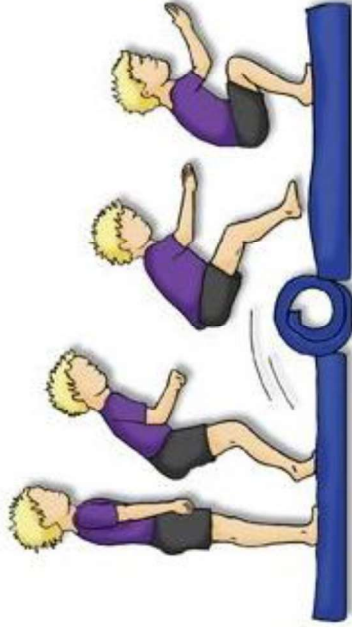
Action

Balance

Coordination

Proficiency Awards

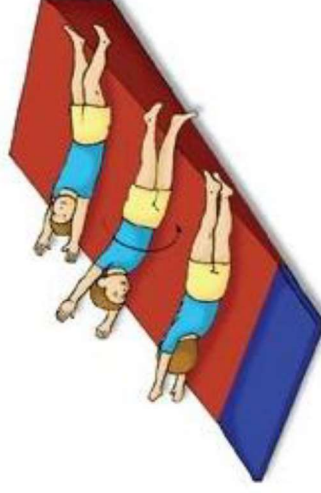
Pre – School (2)



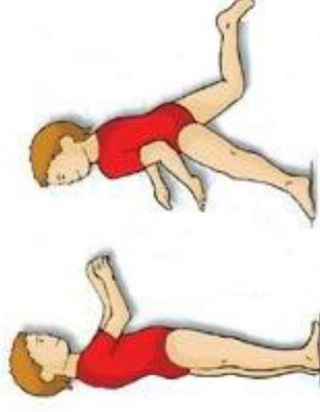
Leap or jump over an obstacle



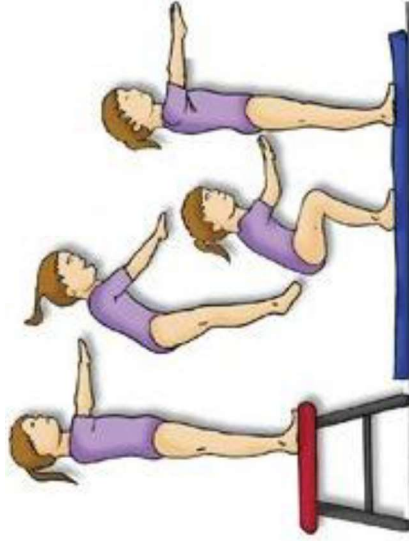
Skipping



Roll down an incline



Start and stop running on command



Land safely from height



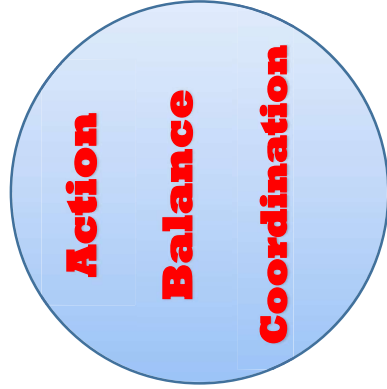
Land safely after leaping or jumping over an obstacle



Upside down shapes



Weight on hands and travel in support on any apparatus



Action

Balance

Coordination



Throw a ball up, let it bounce and catch it



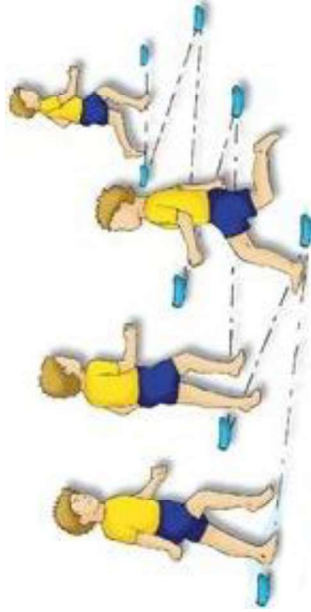
General development and coordination for core strength

Proficiency Awards

Pre – School (3)



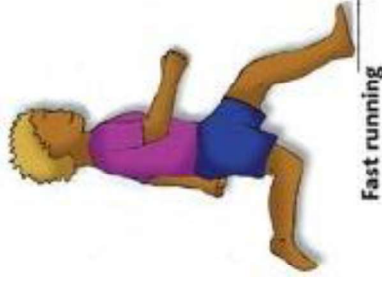
Weight on hands and travel in different shapes and directions



Run with changes in direction



Roll in different directions with or without apparatus



Fast running



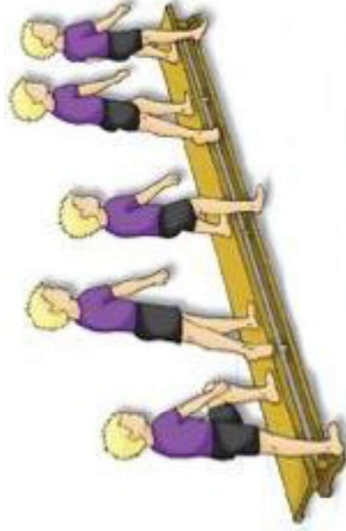
Upside down in handstand variations



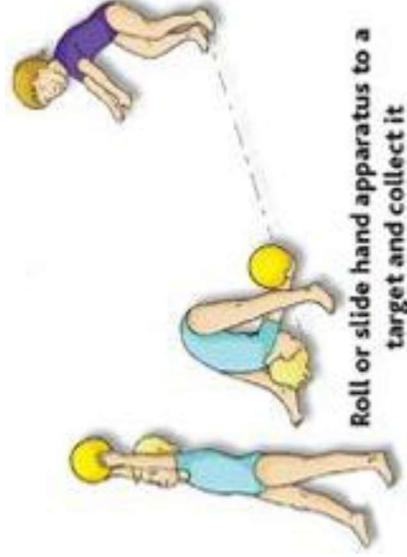
Static balances on different body parts



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

Action

Balance

Coordination