



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 5 (Target : Age 6 or above)

1	Tip toes stand 3 seconds to gymnastics post
2	Hollow shape turns to Arch shape
3	Front support jump to squat then straight jump
4	Middle split with hand support
5	Forward Kicking leg once on each leg
6	Straight jump X 2
7	Straddle sit with chest on floor
8	Tuck handstand with 3-layer box/mats
9	Forward roll on floor
10	Beam /Bench walking sideways and straight jump

1	雙腳立腳尖保持3秒, 體操姿態結束
2	碟型接挺身型態
3	正支撐蹲腿跳接直跳
4	大字碼
5	左右前踢腿
6	直跳連接2次
7	分腿坐體前屈貼地
8	靠墊/牆團身倒立
9	前滾翻
10	低木向側行直跳下