



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 6 (Target : Age 6 or above)

1	Hurdle shape
2	Hurdle step rebound to straight jump
3	Backward kicking L & R leg
4	Straight jump to tuck jump
5	Backward roll on Floor
6	Pike handstand shape
7	Back Bend on floor
8	Side balance
9	(WAG)High Beam - Walk Forward with tip toes and straight jump off
	(MAG)Horse-1)front support 2 seconds, 2)side support 2 seconds
10	60cm height jump on springboard rebound to straight jump off

1	趨步動作型態
2	趨步踏地反彈直跳
3	向後左右踢腿
4	直跳接團身跳
5	後滾翻
6	屈體型支撐手倒立
7	拱橋
8	側平衡
9	(女子)高木立腳尖前行至木端直跳下
	(男子)鞍馬 - 全旋基本動作,1)正支撐2秒行至2)側支撐2秒
10	60cm高箱跳下, 踏板直跳著地