



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 7 (Target : Age 6 or above)

1	Rope skipping 30 seconds (with both leg straight jump)
2	Handstand against the wall
3	Shoulder stand
4	Straddle support hold 3seconds (on floor/ Box)
5	Cartwheel on straight line
6	Scale balance hold 3 second
7	Frog balance
8	(WAG)High Beam - Walk backward to backward straight jump
	(MAG)Pommel horse- basic skill, front support, side support, rear support, front support (each 2 seconds)
9	Springboard - Run ,straight jump on 40cm high mats
10	Trampoline - Straddle jump X 4

1	前跳繩30秒
2	靠牆手倒立
3	肩倒立
4	浮撐3秒
5	側手翻
6	燕式平衡3秒
7	青蛙形支撐平衡
8	(女子)高平衡木 - 向後行, 向後直跳下 (男子) 鞍馬 - 全旋基本動作,正支撐2秒, 腳行至 側支撐2秒, 腳行至後支撐2秒, 腳行至側支撐2 秒, 腳行至前支撐2秒
9	助跑踏板直跳上2張厚墊
10	彈床 :分腿跳 X 4次