



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 9 (Target : Age 6 or above)

1	Split L & R leg
2	(WAG) Backward body wave (MAG) Kick led half turn
3	Cartwheel + cartwheel step in
4	(WAG) Back walkover (MAG) Backward roll to pike land
5	Front Limber
6	Handstand forward roll
7	(WAG) Leap jump (MAG) Scissors jump
8	Spring Board - handstand Flat back on 60cm mats
9	Bar - hollow shape hold 2 seconds and swing 3 times and land
10	(WAG) Beam - Straight jump and tip toes turn (MAG) P Bar. swing X 3 L hold

1	左右腳 一字碼
2	(女子)後波浪 (男子)前踢腿轉體180°
3	側手翻接側手翻向內轉180°
4	(女子)拱橋軟翻 (男子)後滾直腳屈體起
5	雙手支撐雙腳蹬成手倒立接拱橋起
6	手倒立前滾翻
7	(女子)跨銚 (男子)交換腿跳
8	彈板- 手倒立躺60cm墊
9	拱背形狀握槓保持2秒, 曲腳擺浪3次
10	(女子)高木- 直跳加立腳尖轉體180° (男子)槓- 擺浪3次直角支撐