



# SPORTSCENE

## Badges Award Scheme

體育先鋒體操章別獎勵計劃

## Level 10 (Target : Age 6 or above)

|    |   |
|----|---|
| 1  | Tuck jump full turn                               |
| 2  | (WAG) Split jump<br>(MAG) Backward roll handstand |
| 3  | Back Limber                                       |
| 4  | Round off   |
| 5  | (WAG)Front walk over<br>(MAG)Dive forward roll    |
| 6  | (WAG)Beam - Forward roll<br>(MAG)Headspring       |
| 7  | Vault - Handspring off the box                    |
| 8  | Bar - Glide swing                                 |
| 9  | Bar - Pull over                                   |
| 10 | Trampoline - Front tuck                           |

|    |                            |
|----|----------------------------|
| 1  | 團身跳轉360°                   |
| 2  | (女子) 一字碼跳<br>(男子) 後滾手倒立    |
| 3  | 落拱橋雙腳蹬腿成手倒立推手起身            |
| 4  | 內轉                         |
| 5  | (女子) 前軟翻<br>(男子) 魚躍前滾翻     |
| 6  | (女子) 平衡木 - 前滾翻<br>(男子) 頭手翻 |
| 7  | 前手翻落高木箱                    |
| 8  | 單槓 - 放浪                    |
| 9  | 單槓 - 翻身上                   |
| 10 | 彈床 - 前空翻                   |