



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 11 (Target : Age 6 or above)

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| 1 | Tuck jump Sissone turn |
| 2 | (WAG) Full turn 1 foot (MAG) Straight jump turn 540° |
| 3 | Straddle handstand forward roll |
| 4 | Front handspring one feet |
| 5 | (WAG) Mount - straight jump on high beam (MAG) Mushroom - ½ double leg circle to rear support |
| 6 | (WAG) Handstand on low beam (MAG) P.Bar - support swing x 2, side dismount |
| 7 | (WAG) Round off dismount off the beam (MAG) P.Bar - basket kip to straddle sit |
| 8 | Bar - Cast to back hips circle |
| 9 | Bar - Underswing dismount |
| 10 | Vault - Front handspring flat back on 60cm mat |

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| 1 | 蹲腿跳接西松跳 |
| 2 | (女子) 單足轉體360° (男子) 直跳540° |
| 3 | 分腿手倒立前滾翻 |
| 4 | 前手翻 |
| 5 | (女子)上法:直跳上高木 (男子)冬菇 - 全旋半個 |
| 6 | (女子) 低木:手倒立 (男子) 雙槓 - 支撐擺動2次, 後擺下 |
| 7 | (女子) 高木 - 側手內轉下法 (男子) 雙槓 - 短振屈身上分腿坐槓 |
| 8 | 單槓 - 後擺,復迴環 |
| 9 | 單槓- 後擺後倒弧形下 |
| 10 | 跳箱 - 前手翻敞墊 60 cm 高墊 |