



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 12 (Target : Age 6 or above)

1	Straddle jump half turn
2	Handstand pike to stand
3	Back handspring
4	Ariel cartwheel
5	(WAG) Leap on low beam (MAG) Mushroom - double leg circle x 1
6	(WAG) Side cartwheel on high beam (MAG) P. Bar - support swing to handstand
7	(WAG) Side handstand off the beam (MAG) H.Bar - swing forwards with ½ turn
8	Vault : Front tuck on 60 cm high mats
9	Front handspring flat back on 90 cm mats
10	Bar - Toes shoot off the bar

1	分腿跳轉180°
2	屈體倒立前滾翻
3	後手翻
4	側空翻
5	(女子)低木跨跳 (男子)冬菇 - 全旋1個
6	(女子) 高木 - 側手翻 (男子) 雙槓 - 支撐後擺成手倒立
7	(女子) 側向手倒立轉2秒下法 (男子) 單槓 - 懸垂前擺轉體180°
8	跳箱-前空翻 60cm 高墊
9	前手翻啟墊 90cm 高墊
10	單槓 - 踏槓弧形下