



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 13 (Target : Age 6 or above)

1	Press up handstand
2	Handstand full turn
3	(WAG) Switch leg leap (MAG) Mushroom - double legs circle x 2
4	Front tuck
5	Round off back handspring
6	Back Tuck
7	(WAG) Backward over on low Beam (MAG) P.Bar - kip
8	(WAG) Beam - Ariel dismount (MAG) H.Bar - Salto back tuck dismount
9	Bar - Guild Kip
10	Bar - Front hips circle

1	慢起手倒立
2	倒立轉體360°
3	(WAG) 交換腿跨跳 (MAG) 冬菇全旋2個
4	前空翻
5	內轉後手翻
6	原地後空翻
7	(女子)低平衡木 - 後軟翻 (男子)雙槓 - 屈身上
8	(女子)平衡木 - 側空下法 (男子)單槓 - 團身後空翻下法
9	單槓 - 屈伸上
10	單槓 - 前迴環