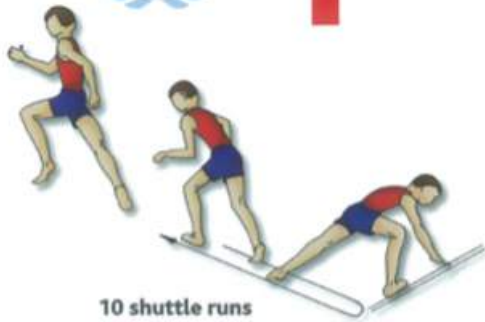


# proficiencyawards



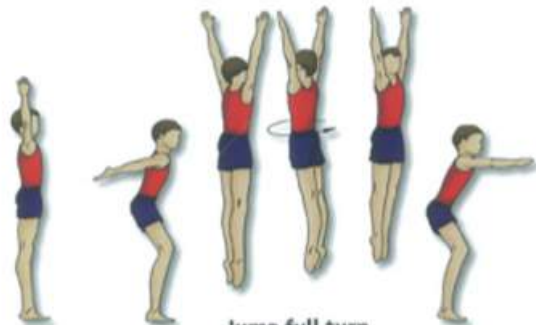
10 shuttle runs



Front splits or Side splits



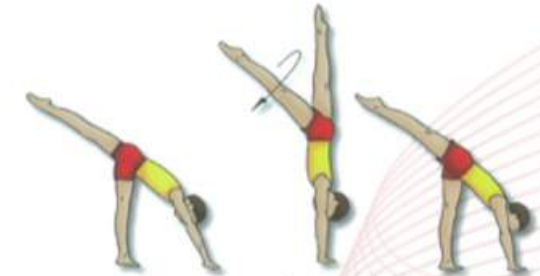
Half lever or straddled half lever



Jump full turn



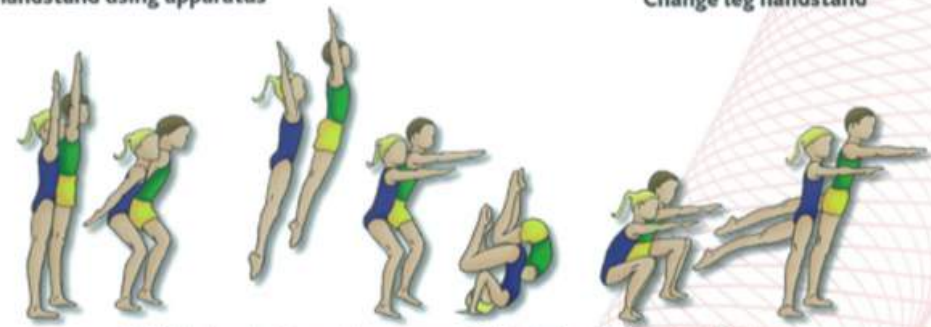
Moving toward handstand using apparatus



Change leg handstand



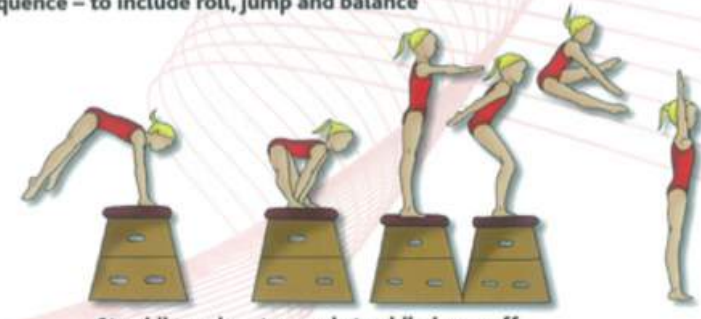
Handstand forward roll



Matched and mirrored sequence – to include roll, jump and balance



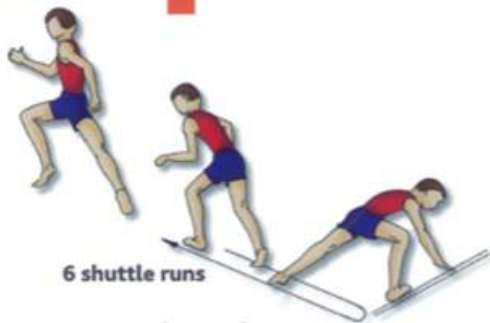
Throw hand apparatus, perform a leap, catch and perform a balance



Straddle on box top and straddle jump off



# proficiencyawards



6 shuttle runs



Bridge



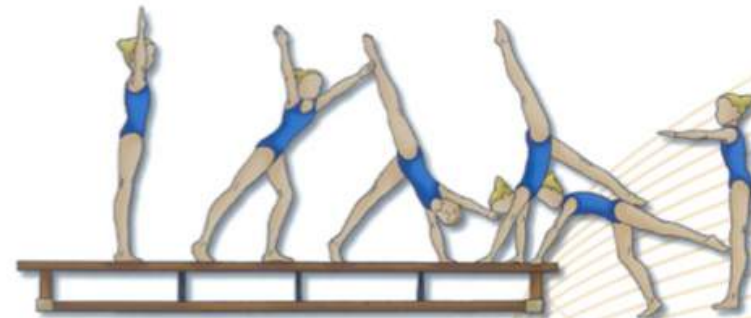
Half lever with 1 foot only raised - change legs



Jump half turn



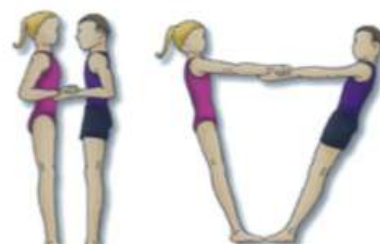
Headstand



Cartwheel quarter turn off bench



Backward roll



Counterbalance



Single knee balance, throw and catch hand apparatus



Squat on box top and tuck jump off





# proficiencyawards



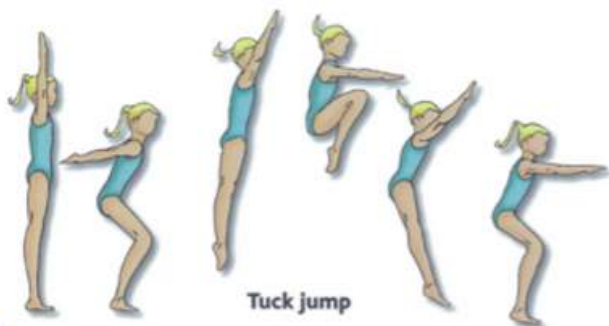
Skip for 45 seconds



Japana flat



Headstand with knees bent and lower into frog



Tuck jump



Headstand with knees bent



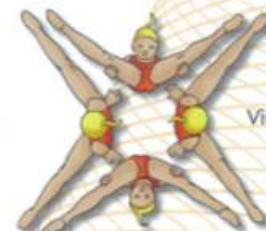
Cartwheel



Forward roll



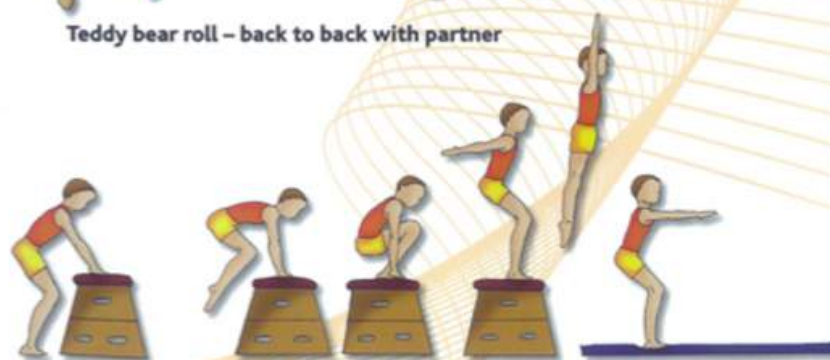
Teddy bear roll – back to back with partner



Viewed from above



Throw, jump and catch hand apparatus



Squat on box top and stretch jump off



# proficiencyawards



Skip for 30 seconds



Low lunges with both legs – forwards and sideways



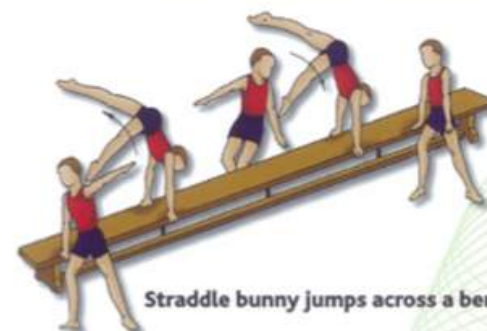
Shoulder stand with hips supported



Cat leaps, 2 times, each leg



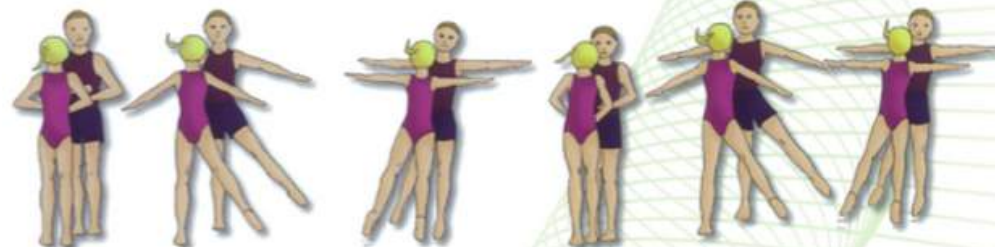
Frog balance



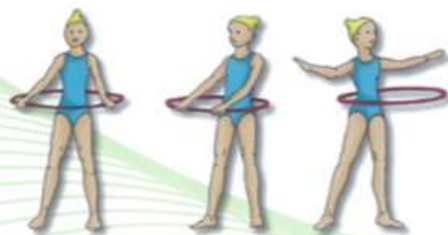
Straddle bunny jumps across a bench side-to-side



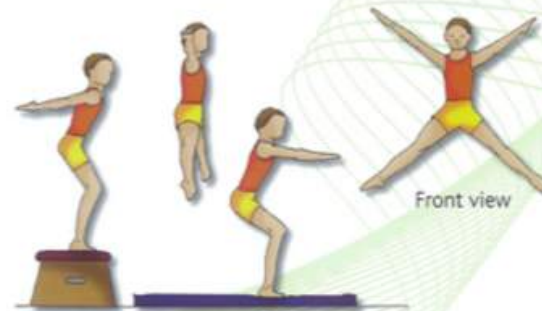
Tucked backward roll down an incline



Chassis steps with arm swing, facing partner



Hoola hooping



From box top – star jump to safe landing

4



# proficiencyawards



Leap from 1 foot to the other



Japana to 45°



Move sideways from dish to arch



Hop, step and jump



T-balance



Bunny jumps over a bench side-to-side



Tucked forward roll down an incline



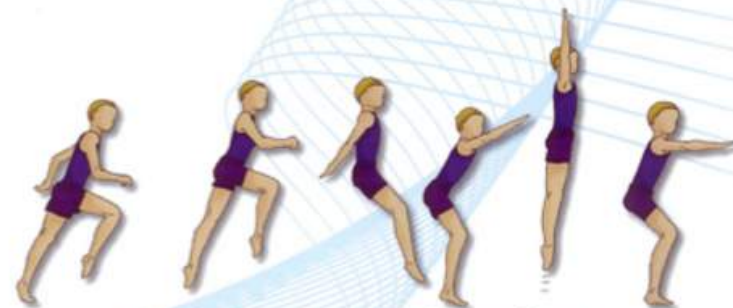
Front support with partner



5



Roll a ball or hoop, travel at its side and pick it up



Run, hurdle step and 2 footed rebound jump

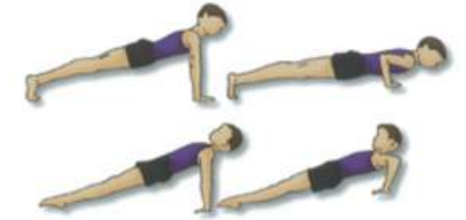
# proficiencyawards



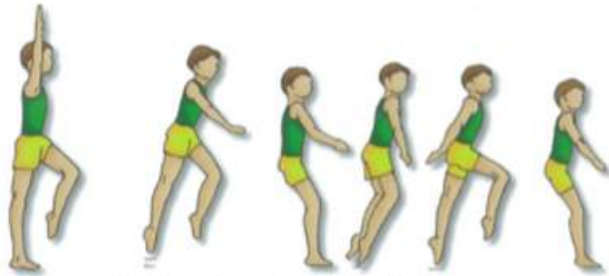
Follow my leader in pairs using different actions for 1 minute



Dish and arch



Press-up forwards and backwards



Hop jump, hop jump along the floor



Piked V-sit with hand support



Travelling bunny jumps

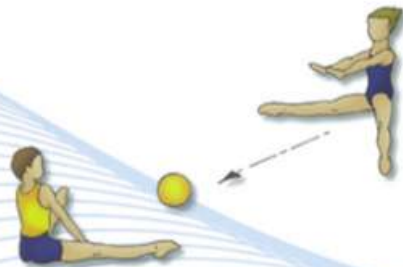


Rock backwards and forwards tucked to stand

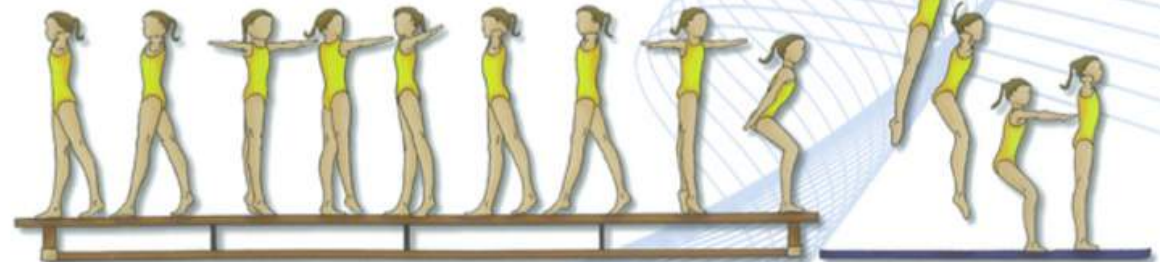


Side support on 1 arm, turn slowly to the other

6



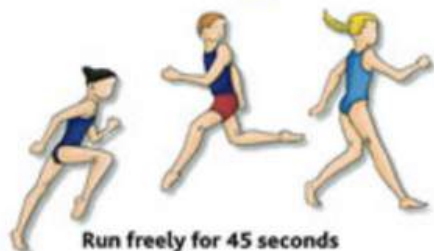
With partner, roll and catch a ball or hoop



Walk backwards along a bench and full turn in the middle



# proficiency awards



Run freely for 45 seconds



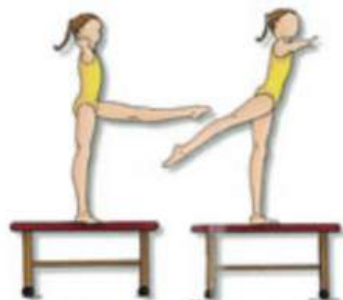
Bent leg dish



Back support raising 1 leg at a time towards the vertical



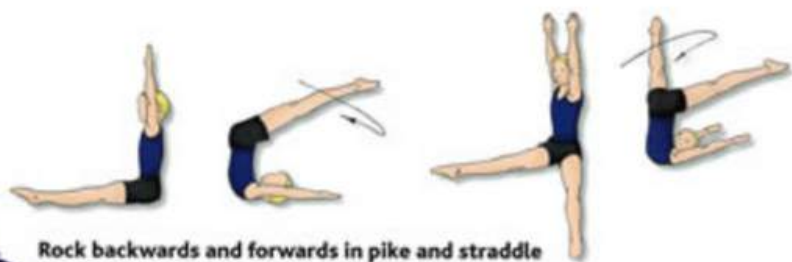
Stand and jump to safe landing



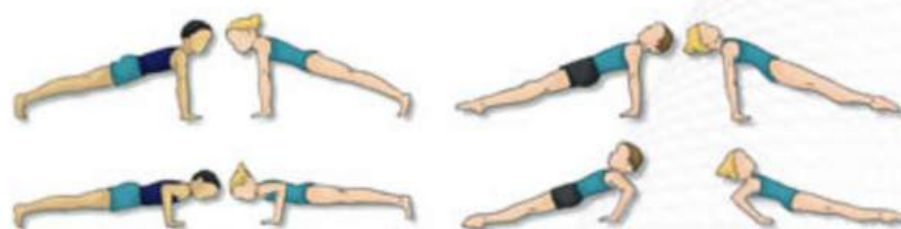
1 foot balance on bench or box top



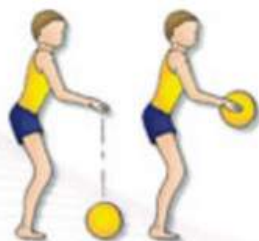
From front support, jump in and up



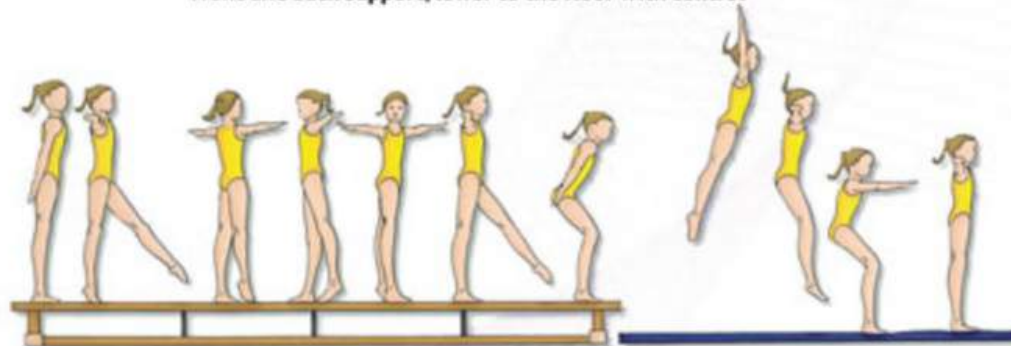
Rock backwards and forwards in pike and straddle



Front and back support, lower to the floor with control



Bounce and catch a ball 3 times



Walk forwards along a bench and full turn in the middle

7

# proficiency awards



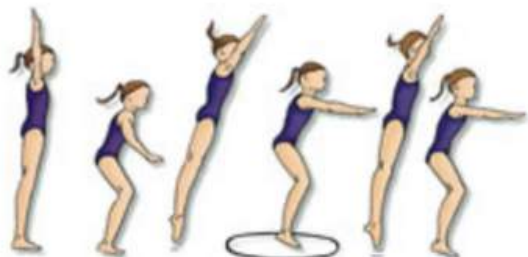
Run on the spot for 30 seconds



Fun gym shapes – sit in tuck, pike, straddle. Stand with tall stretch and star



Front and back support



Jump in and out of a hoop



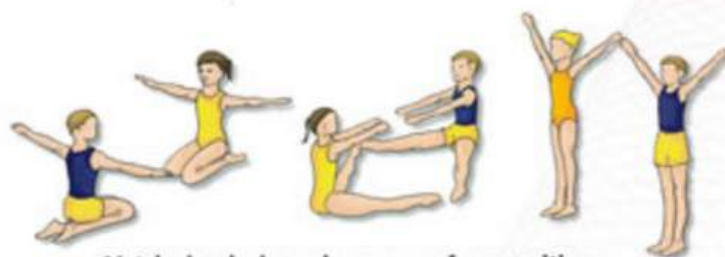
Transfer weight from 1 foot to the other



From crouch, bunny jump



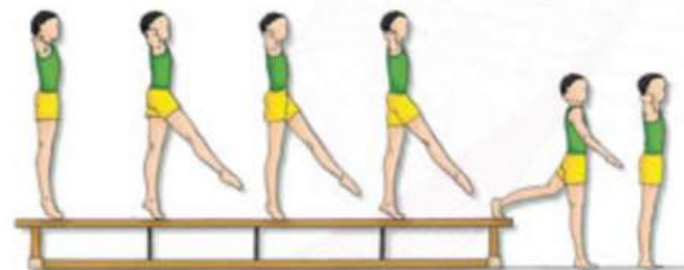
Rock backwards and forwards in tuck



Matched and mirrored sequence of arm positions



Explore patterns using ribbons or scarves



Walk forwards along a bench on tiptoes