






GYMNASTICS

PROFICIENCY LEVEL AWARDS

	Level 15	
	FL	Small, raised step - walk on & over leading with L&R Foot
	FL	Rope activity - move over a low wriggly rope
	FL	Move through a hoop from L-to-R & R-to-L showing control
	FL	With ribbons explore movement patterns on the floor/in the air using L&R hand
	FL	Walk feet up a wall to invert body and support weight on arms
	FL	Follow a "mirror" routine
	CON	Shake limbs (high, low, in-front, behind)
	CON	Mobilise shoulders (shrugs, circles)
	CON	Show being tall, small & wide
	CON	Correctly identify body parts


	Level 14	
	FL	Run forwards on hands & feet x10m showing rhythm
	FL	Perform a stretch roll in both directions L-R/R-L
	FL	Drop & catch a ball x3
	FL	Swing a rope 'to & fro' for a child to jump over x10
	FL	Throw & catch a bean bag.
	FL	Pat on the back (arm over & under)
	FL	Mobilise hops
	FL	Run backwards on hands & feet x10m
	CON	Walk along "stones" (objects) showing control & balance
	CON	Name joints of the body


	Level 13	
	FL	Bunny jump forwards, backwards & sideways x10
	FL	Show & hold an arc shape x 10secs
	FL	Chassee sideways, first leading with one leg & then the with the other leg
	FL	Small, raised step - walk up & down x40secs x2
	FL	Run the ladders & jog return x6
	FL	Press ups against the wall x8 x2
	FL	Roll a ball around & over a friend with control
	BE	Using a bench stand - sit - stand x10 x2
	CON	Walk along a line on "tippy toes" and "heels" with control
	CON	Rock from toes to heels




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	Level 12	
	V	Balance on L&R leg on a balance cushion x10secs
	FL	Balance on a partner's feet & walk x5m
	FL	Walk on small stilts x5m
	FL	Make a number or letter shape & balance
	FL	Group skipping - circle a rope for a child to jump over x10
	FL	Roll a hoop in a uniformed line x5m
	FL	With a ribbon perform different movement patterns
	FL	Throw a ball against a wall & catch with accuracy x3
	BE	Hop along the bench using L&R leg
	CON	Stand-up Sit-down


	Level 11	
	FL	Using both feet, dribble a ball around cones with control
	FL	Seated wide straddle stretch
	FL	Box shape arched & rounded back
	FL	Quad stretch, lying on front
	FL	Squat thrusts x15
	FL	Jumping Jacks x30secs
	FL	Jog x2min
	CON	Explain why we "warm up"
	CON	Explain why we "cool down"
CON	Should stretch (arms above & behind body)	


	Level 10	
	FL	Pointed toes
	FL	Flexed toes
	FL	Jumping Jacks x1min
	FL	Steppingstones
	FL	Roll a ball
	FL	Walk with beanbag on head
	FL	Cone weave
	FL	Sit with legs & arms crossed good posture
	FL	Bend & straighten legs (Standing)
BA	Hang 5 seconds on low bar	




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	Level 9	
	FL	Stand up straight arms above head.
	FL	Balance on one leg with a bent knee.
	FL	10 x rebound jumps on floor on the spot.
	FL	Safety stop on floor.
	FL	Hopping x5 on each leg.
	FL	Bunny hop over floor beam.
	FL	Throw & catch a ball with coach.
	CON	One sit up
	BE	Walk on floor beam.
	V	Jump from low box land safely.

	Level 8	
	FL	Bunny hop over bench
	FL	Skipping
	FL	Bounce & catch ball with coach
	FL	Balance on one leg straight knees
	FL	Roll backwards & forwards using a springboard
	FL	Cone weave with beanbag on head
	TR	10 jumps staying on the cross (Trampoline)
	TR	Safety stop on trampoline
	V	Low box, star jump to land
	V	Running along bench to land 2 feet on mat

	Level 7	
	FL	Balance on one leg straight knees.
	FL	Hopscotch.
	FL	Bounce and catch ball x3 (Individual).
	FL	Skip with a hoop or rope.
	FL	Sitting in a tuck shape roll backwards and forwards floor
	BA	Hang on low bar roll backwards feet through arms.
	TR	Tuck jump on trampoline
	TR	Star jump trampoline
	TR	Seat drop trampoline
	V	Run & jump off bench onto board land safely



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	Level 6	
	FL	Low box balance on one leg 3 seconds (legs straight).
	FL	Stretch jump on floor.
	FL	Hands and knees dish & arch.
	FL	Bunny hop (on floor).
	FL	Forward roll down slope to sitting position.
	BA	Low bar hung in tuck and straddle
	BA	Hang walks on bars.
	BA	Front support on low bar.
	BE	Climb up & walk on high beam unaided.
	V	Run and stretch jump from springboard.

	Level 5	
	FL	Jump half turn.
	FL	Roll backwards & forwards to stand
	FL	Backward roll down slope to stand.
	FL	Forward roll down slope to stand.
	TR	Trampoline tuck, star, seat drop
	CON	Dish hold
	CON	Arch hold
	CON	Sit ups x10
	CON	Hang on wall bars, 1 leg lift use training aid.
	V	Tuck on low box stretch jump off to land. (no run)

	Level 4	
	FL	Forward roll
	FL	Handstand with support or against the block
	FL	Leap frog
	FL	Backward roll
	FL	Headstand knees bent
	FL	Push to bridge
	BA	Front support on any bar roll forward to long hang
	BA	Swing & regrasp any bar
	TR	JUMP ½ turn. (Trampoline)
	V	Squat on stretch jump off (from a run)



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	Level 3	
	FL	Cartwheel side to side on a line
	FL	Jump full turn
	FL	Headstand hold with straight leg lift
	FL	Backward roll to straddle
	FL	Handstand hold
	CON	10 Chin ups on low bar with feet raised
	CON	Press ups x3
	BA	Circle up on low bar using red block
	TR	Hands & knees front drop (Trampoline)
	V	Long box squat on catspring off


	Level 2	
	FL	Handstand on floor fall to flat lye (back)
	FL	Cartwheel chasse cartwheel
	FL	Dive roll use springboard & crash mat
	BE	Backbend to bridge, use matted wall
	BE	Bridge kick over, use low box
	TR	Seat drop ½ turn to stand
	TR	Front drop from standing on trampoline
	BE	Forward roll-on bench
	V	Long box, Squat on, handspring off
	V	Through vault


	Level 1	
	FL	Round off.
	FL	Handstand hops on floor.
	FL	Back bend on floor.
	FL	Handstand forward roll.
	FL	Splits any way.
	FL	Headspring from block to stand.
	BA	Circle up to front support on low bar
	BE	Forward roll-on low beam
	TR	Trampoline hands and knees bounces, forward salto to sit.
	V	Handspring to flat lye using two crash mats.




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	Bronze Award	
	FL	1 handed cartwheel.
	FL	Handstand to bridge.
	FL	Arabesque hold 3 seconds leg & body horizontal.
	BA	Low bar undershoot from standing from 1 foot.
	BA	Low bar. Cast from front support back to block x3
	BE	Forward roll-on beam
	BE	Round off dismount off low beam.
	TR	Front somi trampoline
	TR	Swivel hips trampoline.
V	Handspring to flat lye use x1 block and x1 mat.	

	Silver Award	
	FL	Backward roll to front prone
	FL	Round off jump ½ turn round off
	FL	Pike or straddle hold for 3 seconds on floor bars
	BE	Cartwheel on bench (use mat)
	BE	Roundoff dismount high beam
	BA	Backward hip circle
	BA	Low bar cast & return to bar horizontal
	TR	Back flip or fast track with support (Trampoline)
	TR	Seat drop into front drop (Trampoline)
V	Handspring to flat lye x 1 block & x 2 crashmats	

	Gold Award	
	FL	Front somi springboard and splat mat.
	FL	Handstand walking (3 metres minimum).
	FL	Back bend kick over.
	FL	Handspring on floor
	BA	Undershoot from front support.
	BE	High beam catleap into tuck jump.
	BE	Cartwheel on low beam.
	TR	Back somi on trampoline.
	TR	Back flip on trampoline unaided.
V	Handspring vault showing 1st and 2nd flight to stand.	