



# Gymnastics Proficiency Award Record Sheet

Name \_\_\_\_\_ IGA Membership No. \_\_\_\_\_

## Level Fifteen

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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

## Level Fourteen

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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

## Level Thirteen

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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





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## Level Twelve

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

## Level Eleven

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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

## Level Ten

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**Date**

**Coach Signature**

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





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## Level Nine

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

## Level Eight

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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

## Level Seven

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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





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## Level Six

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

## Level Five

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**Date**

**Coach Signature**

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

## Level Four

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**Date**

**Coach Signature**

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





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## Level Three

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

## Level Two

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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

## Level One

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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





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## Level Bronze

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

## Level Silver

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

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

## Level Gold

**8 out of 10 listed below to pass this level**

**Date**

**Coach Signature**

Front somi springboard and splat mat		
Handstand walking (3 meters minimum)		
Back bend kick over		
Headspring on floor		
Undershoot from front support		
High beam catleap into tuck jump		
Cartwheel on low beam		
Back somi on trampoline		
Back flip on trampoline unaided		
Handspring vault showing 1st and 2nd flight to stand		

