



1. JUMP FORWARDS, BACKWARDS & SIDeways

The gymnast should show they can jump in three different directions: forwards, backwards, and sideways. The coach should look for the gymnast jumping with two feet together, bending their knees before take-off, using their arms to help, and landing softly with control and balance each time.

REDUCE THE CHALLENGE

Start with one direction at a time, beginning with forward jumps. Use a floor line, spot marker or hoop to show where to jump. Keep the jumps small and focus on two feet together, soft knees and a balanced landing. A coach can also hold the gymnasts hands to guide the movement.

INCREASE THE CHALLENGE

Ask gymnasts to complete all three jumps in a sequence without stopping: forwards, backwards and sideways. They could jump to coloured spots, over a low foam strip, or respond to coach commands such as “forward”, “back” or “side”. To make it more challenging, they can jump further or higher.



2. WALK WITH BEAN BAG ON YOUR HEAD

The coach should look for good posture, eyes looking forward, steady steps and control throughout. The gymnast should keep the bean bag on their head without it falling and finish the walk with balance.

REDUCE THE CHALLENGE

Start with a shorter distance and allow the gymnast to walk slowly in a straight line. They can practise standing still first with the bean bag on their head before walking.

INCREASE THE CHALLENGE

Ask the gymnast to walk along a line, around cones or change direction while keeping the bean bag balanced. To make it more challenging, they can walk backwards, sideways, on tiptoes, or race against a partner without dropping it.





3. IDENTIFY COLOURS

Gymnasts will learn to recognise and name different colours while moving and playing. They will point to, match, and respond to coloured objects, showing they can identify colours confidently during fun activities.

REDUCE THE CHALLENGE

To make the activity easier, coaches can begin with just two colours and give gymnasts plenty of time to respond. Using clear, bright equipment placed close together can help, and coaches may repeat the colour names or give gentle prompts to support learning. Encouraging gymnasts to say the colour out loud as they point can also reinforce their understanding.

INCREASE THE CHALLENGE

To make it more challenging and fun, more colours can be added and instructions given more quickly or in sequences. Movements like jumping, balancing, or spinning can be included, and games such as colour treasure hunts or music-based activities can keep gymnasts engaged.



4. IDENTIFY NUMBERS (1 TO 5)

The Numbers 1–5 badge helps gymnasts learn to recognise and understand numbers while staying active. Gymnasts should be able to identify numbers from 1 to 5, count simple objects or actions, and respond when a number is shown or called out. Coaches should look for the gymnast recognising numbers correctly, counting with support if needed, and following simple number instructions. Gymnasts should stay controlled and balanced during the activity.

REDUCE THE CHALLENGE

Start with one or two numbers at a time. Use clear number cards, objects or fingers to help the gymnast count. Allow them to say the numbers slowly and repeat them out loud.

INCREASE THE CHALLENGE

Use all numbers from 1 to 5 in a mixed order. Ask gymnasts to match the number to an action, such as 3 jumps, 4 balances or 5 stretches. Turn it into a game by calling out numbers or asking gymnasts to find the correct number card.





5. JUMP FROM ONE MAT TO ANOTHER

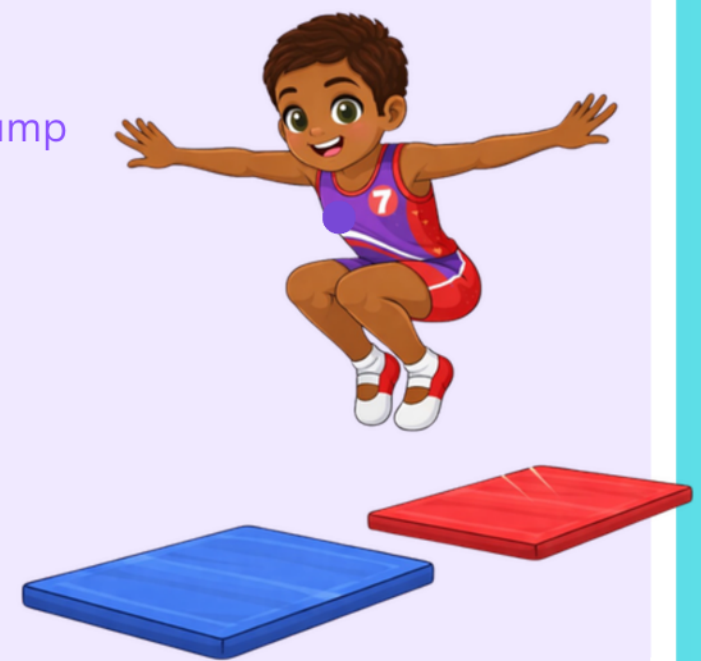
This helps develop confidence, coordination, and safe jumping technique. Gymnasts will demonstrate this by jumping from one mat to another with control, aiming to land with two feet together, bent knees, and good balance. They should show awareness of their take-off and landing, keeping their body strong and steady throughout the movement.

REDUCE THE CHALLENGE

To make the activity easier, mats can be placed close together so the jump is small and manageable. Coaches can support by demonstrating the movement, allowing gymnasts to step or small jump across, and giving plenty of time to prepare before jumping.

INCREASE THE CHALLENGE

To make it more challenging and fun, the distance between mats can be increased or different heights can be introduced. Gymnasts can add shapes in the air, such as straight jumps or star jumps, or turn it into a game by jumping between coloured mats or following a sequence.



6. OPPOSITE ARM TO LEG MARCHES

This helps develop coordination, balance, and body awareness. Gymnasts will demonstrate this by marching on the spot or moving forwards while lifting one knee and raising the opposite arm at the same time. They should show control, rhythm, and the ability to keep their movements steady and coordinated.

REDUCE THE CHALLENGE

Gymnasts can start slowly, marching on the spot with clear guidance and watching a coach demonstrate. Coaches can use simple cues such as “right arm, left leg” and allow time to practise each side. Gymnasts can also work on moving arms separately first before combining.

INCREASE THE CHALLENGE

To make it more challenging and fun, gymnasts can march in different directions, follow patterns, or increase speed while maintaining control. Movements can be turned into a game by adding music, obstacle courses, or asking gymnasts to copy sequences, helping to build coordination in an engaging and enjoyable way.





7. SHOW SAFETY LANDING POSITION

This badge helps develop safe landing technique, body control, and balance. Gymnasts will demonstrate this by landing with feet slightly apart, bending their knees, and keeping their chest upright. Arms should be held forward or out to the side for balance, showing a controlled and stable finish after a jump.

REDUCE THE CHALLENGE

To make the activity easier, coaches can demonstrate the correct shape and give simple cues such as “bend your knees” and “feet apart,” allowing time to practise control.

INCREASE THE CHALLENGE

To make it more challenging and fun, gymnasts can show this landing from jumping, from different heights, or following simple skills. Games can be added, such as seeing who can “stick” their landing the longest or landing on different coloured spots, helping to build confidence while reinforcing safe technique.



8. HOPPING ON ONE LEG

This helps develop balance, strength, and coordination. Gymnasts will demonstrate this by hopping on one leg with control, keeping their body upright and stable while maintaining balance. They should show confidence in staying on one leg and landing softly after each hop.

REDUCE THE CHALLENGE

To make the activity easier, gymnasts can start with small hops on the spot, holding a coach’s hand or using support if needed. They can also practise standing on one leg before adding the hop to build confidence and stability.

INCREASE THE CHALLENGE

Gymnasts can hop forwards, backwards, or in different directions, pointing toes or switch between legs. Adding games, such as hopping to coloured spots or following a path, can keep the activity engaging while improving balance and coordination.





9. THROW AND CATCH BEAN BAG (ALONE)

The gymnast should throw a bean bag into the air and catch it by themselves. They should use both hands to throw the bean bag upwards, keep their eyes on it, and try to catch it with control. Coaches should look for the gymnast throwing the bean bag safely upwards, watching it carefully, and catching it using one or two hands. The gymnast should stay balanced and in control throughout the activity.

REDUCE THE CHALLENGE

Start with a small throw just above head height. Use a soft bean bag and allow the gymnast to catch it against their chest if needed.

INCREASE THE CHALLENGE

Ask the gymnast to clap before catching, throw higher, catch with one hand, or complete a movement such as a jump or turn before catching.



10. EXPLORE SHAPES & MOVEMENTS USING HANDHELD PROP

This badge helps develop creativity, coordination, and body awareness. Gymnasts will demonstrate this by using a handheld prop, such as a ribbon, scarf, or hoop, to create different shapes and movements. They should show control while moving the prop and their body together, exploring a range of actions such as waving, circling, stretching, and travelling.

REDUCE THE CHALLENGE

Gymnasts can start with simple movements like holding the prop and making basic shapes while standing still. Coaches can demonstrate and give clear ideas, allowing gymnasts time to copy and explore at their own pace.

INCREASE THE CHALLENGE

To make it more challenging and fun, gymnasts can combine movements, change levels, or move around the space while using the prop. They can create their own routines, follow music, or take part in games and challenges, encouraging imagination while improving coordination and control.

