



BOUNCE

BADGE SCHEME



A cartoon illustration of a young girl with bright orange hair styled in a high bun with a blue hair tie. She has large, expressive green eyes, rosy cheeks, and a gentle smile. She is wearing a blue and white leotard with a star pattern and white socks. She is sitting cross-legged on a white surface. The background is white with light blue speckles and a large green letter 'C' partially visible on the right.

FIFTEEN!

[illegible]

1. **SIT WITH LEGS CROSSED AND ARMS FOLDED**
2. **POINTED TOES & FLEXED TOES**
3. **SHAPES - SHOW SMALL, TALL AND WIDE**
4. **WEAVE IN AND OUT OF OBSTACLES**
5. **IDENTIFY PARTS OF THE BODY**
6. **JUMPING ON THE SPOT**
7. **WALK ALONG STEPPING STONES**
8. **ROLL A BALL SITTING IN STRADDLE WITH PARTNER**
9. **JUMP OVER LOW OBSTACLE**
10. **MIRROR WARM UP**



LEVEL

FOURTEEN!



FOUNDATION

FLOOR

- 1. JUMP FORWARDS, SIDeways AND BACKWARDS**
- 2. WALK WITH BEAN BAG ON YOUR HEAD**
- 3. IDENTIFY COLOURS**
- 4. IDENTIFY NUMBERS (1 TO 5)**
- 5. JUMP FROM ONE MAT TO ANOTHER**
- 6. OPPOSITE ARM TO LEG MARCHES**
- 7. SHOW SAFETY LANDING POSITION**
- 8. HOPPING ON ONE LEG**
- 9. THROW AND CATCH BEAN BAG (ALONE)**
- 10. EXPLORE SHAPES & MOVEMENTS USING HANDHELD PROP**

[illegible]

BOUNCE

LEVEL

THIRTEEN!



FOUNDATION

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. HOP SCOTCH
2. HOP ON ONE LEG (LEFT & RIGHT)
3. SHOWS SHAPES (STRAIGHT, TUCK & STRADDLE)
4. JUMPING JACKS X3
5. SKIP WITH A HOOP
6. THROW AND CATCH BALL (WITH PARTNER)

VAULT

7. JUMP FROM THE FLOOR TO LAND IN SAFETY LANDING
8. REBOUND JUMP OVER LOW OBSTACLES

BEAM

9. WALK ALONG FLOOR BEAM OR BENCH

BARS

10. LONG HANG, DROP TO SAFETY LANDING

BOUNCE

LEVEL

TWELVE!



FOUNDATION

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. ROCK BACKWARDS & FORWARDS IN A TUCK POSITION
2. BOUNCE AND CATCH BALL (WITH PARTNER)
3. BALANCE ON ONE LEG (BENT KNEE)
4. JUMP OVER ROPE SWINGING TO AND FRO
5. THROW A BEANBAG INTO A HOOP
6. LOG ROLL DOWN A SLOPE (ARMS BY EARS)

VAULT

7. LOW BLOCK JUMP TO HOLD SAFETY LANDING
8. RUNNING ON THE SPOT (FAST & SLOW)

BEAM

9. WALK OVER OBSTACLES ON LOW BEAM OR BENCH

BARS

10. HAND WALKS ACROSS THE BAR

BOUNCE

LEVEL

ELEVEN!



FOUNDATION

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. CAT & COW STRETCH (SHOWING DISH & ARCH)
2. BOUNCE & CATCH BALL (ALONE)
3. TEDDY BEAR ROLL
4. SKIPPING (HANDS ON HIPS)
5. BUNNY HOP ON THE SPOT

VAULT

6. RUNNING KNEES TO CHEST (OPPOSITE ARMS TO LEGS)

BEAM

7. 360 TURN ON A LOW BEAM
8. WALK SIDEWAYS ON A LOW BEAM

BARS

9. TUCK HOLD KNEES TO CHEST
10. FRONT SUPPORT (HIPS ON THE BAR)

TEN!

[illegible]

10. LONG HANG - PICK UP AND MOVE BEAN BAGS INTO TARGET DROP (WITH FEET)

BOUNCE

LEVEL

NINE!



BEGINNERS

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. TUCK ROCKS BACKWARDS AND FORWARDS TO STAND (WITHOUT HANDS)
2. BUNNY HOP OVER SIDE TO SIDE OVER OBSTACLE
3. FALLING TREE INTO LUNGE (ARMS TO EARS) (HANDSTAND PREP)
4. BACKWARD ROLL DOWN A SLOPE
5. STRETCH JUMP TO LAND IN SAFETY STOP
6. BALANCE ON ONE LEG (STRAIGHT LEGS) (STALK BALANCE)

VAULT

7. RUN - 1-FOOT TAKE-OFF - LAND ON 2 FEET ON THE SPRINGBOARD - STOP WITH ARMS BEHIND.
8. FROM STANDING STRETCH JUMP TO SAFETY LANDING (OFF SPRINGBOARD)

BEAM

9. WALKING ON TIP TOES ON BEAM OR BENCH

BARS

9. X3 CHIN UPS (ASSISTED)

EIGHT!



10. LONG HANG TUCKED - LIFT TOES TO TOUCH BAR

BOUNCE

LEVEL SEVEN!



BEGINNERS

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. BACKWARD ROLL (FLOOR)
2. ARABESQUE BALANCE ON ONE LEG
3. TUCK JUMP $\frac{1}{2}$
4. STRETCH JUMP 1/1
5. HEADSTAND AGAINST A BLOCK

VAULT

6. RUN AND TUCK JUMP FROM SPRINGBOARD (SAFETY LANDING)
7. RUN AND STAR JUMP FROM SPRINGBOARD (SAFETY LANDING)
8. FROM STANDING TUCK ONTO LOW BLOCK - STRETCH JUMP OFF

BEAM

9. STAR JUMP FROM LOW BEAM OR BENCH TO SAFETY STOP

BARS

10. GERMAN HANG (ASSISTED)

SIX!



10. FRONT SUPPORT - CIRCLE DOWN (ASSISTED)

BOUNCE

LEVEL

FIVE!



INTERMEDIATE

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. CATLEAP
2. CHASSE (FORWARDS & SIDEWAYS)
3. HANDSTAND AGAINST A BLOCK
4. BRIDGE
5. HANDS ON BLOCK - KICK LEGS OVER ONE AT A TIME (CARTWHEEL PREP)

VAULT

6. FROM A RUN - SQUAT ON - STAR JUMP OFF

BEAM

7. FORWARD ROLL ON LOW BEAM OR BENCH (UNASSISTED)
8. ARABESQUE HOLD

BARS

9. FRONT SUPPORT FLOOR OR PARALLETTE BAR
10. FRONT SUPPORT - SWINGING LEGS FORWARDS & BACKWARDS

FOUR!



9. CAST BACK TO BLOCK (LANDING IN DISH SHAPE)
10. SMALL SWINGS (WITH ASSISTANCE)

[illegible]

BOUNCE

LEVEL

THREE!



INTERMEDIATE

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. BACKWARD ROLL TO STRADDLE
2. DIVE ROLL ONTO A SAFETY MAT
3. HEADSTAND WITH STRAIGHT LEGS
4. CARTWHEEL WITH 1/4 TURN INWARDS
5. BACK BEND

VAULT

6. RUN - STRADDLE ONTO A BLOCK
7. HANDSTAND FALL TO FLAT LIE - ASSISTED (ONTO MAT)

BEAM

8. CARTWHEEL ON LOW BEAM (ASSISTED)

BARS

9. STRADDLE SWINGS UNDER THE BAR
10. UPWARDS CIRCLE USING BLOCK (ASSISTED)

BOUNCE

LEVEL

TWO!



INTERMEDIATE

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. ONE HANDED CARTWHEEL
2. HALF SPIN OR PIKE JUMP FROM A BLOCK
3. HANDSTAND TO BRIDGE
4. ROUND OFF TO KNEES (LAND IN DISH) (ONTO STACKED MAT)

VAULT

5. RUN - SQUAT ON - KICK TO HANDSTAND - FLAT LIE
6. FROM BLOCK KICK TO HANDSTAND - LAND ON FEET DISMOUNT
7. THROUGH VAULT

BEAM

8. HANDSTAND ON LOW BEAM

BAR

9. CAST BACK TO THE BAR
10. STRADDLE SWINGS TO SHOOT OFF DISMOUNT

BOUNCE

LEVEL

ONE!



INTERMEDIATE

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. CARTWHEEL CHASSE CARTWHEEL
2. BACKBEND TO STAND
3. ROUND OFF
4. BRIDGE KICKOVER
5. FLICK PREP - JUMP BACKWARDS ONTO STACKED MATS (ARMS TO EARS)

VAULT

6. RUN - HANDSPRING TO FLAT LIE (STACKED MATS)
7. RUN - FRONT SOMI PREP (ARMS BY EARS) (JUMPING INTO DISH)

BEAM

8. TUCK JUMP ON LOW BEAM

BARS

9. DISH ROCKS (FLOOR)
10. STRADDLE/PIKE SHOOT FROM A BLOCK (ASSISTED)

ADVANCED

[illegible]

BOUNCE

LEVEL

SILVER



ADVANCED

Name	1	2	3	4	5	6	7	8	9	10

FLOOR

1. HANDSPRING
2. FLICK
3. HANDSTAND HOP
4. FREE CARTWHEEL FROM SPRINGBOARD/LOW BLOCK (ASSISTED)

VAULT

5. RUN FRONT SOMI ONTO MATS

BEAM

6. ROUND OFF DISMOUNT (HIGH BEAM)
7. FORWARD ROLL (HIGH BEAM)
8. CARTWHEEL (LOW BEAM)

BARS

9. CHIN UP CIRCLE OVER & CIRCLE DOWN
10. BACKWARD HIP CIRCLE FROM CAST (ASSISTED)

ADVANCED

GOLD



BOUNCE

FLOOR

1. **ROUND OFF FLICK (CONNECTED)**
2. **FRONT SOMI**
3. **FREE CARTWHEEL**
4. **HANDSPRING - DIVE ROLL (CONNECTED)**
5. **TUCK BACK OFF BLOCK (ASSISTED)**

VAULT

- 6.RUN - HANDSPRING OVER HARD VAULT**
7.RUN - HALF ON OVER BLOCK

BARS

- 8. STRADDLE/PIKE SHOOT FROM FRONT SUPPORT**
9. BACKWARD HIP CIRCLE

BEAM

- ## 10. CARTWHEEL (HIGH BEAM)

[illegible]