															Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com **Winstrada Aesthetic Sports Development Foundation** **GYMNASTICS PROFICIENCY GRADE 1** **Minimal assistance may be given if required (grades 1-3 only).** **To gain the award, complete 8 of the skills below.**
															1) March around the room.
															2) Balance on one foot then the other.
															3) Take big steps along a bench.
															4) Balance a bean bag on 3 different parts of the body.
															5) Hop.
															6) Jump forwards, backwards and sideways over a line or rope
															7) Throw and catch a ball or balloon.
															8) Jump over a rope being wriggled.
															9) Throw a bean bag for your teacher to catch.
															10) Lift bean bag, held between feet, over head.
															Date passed.

Further copies of this sheet can be downloaded from the following website: www.winstrada.com/sdf