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 3

Minimal assistance may be given if required (awards 1-3 only).

To gain the award, complete 8 of the skills below.

															1) Balance on back in a dish shape.
															2) Bunny hop into and out of hoops.
															3) Balance on tummy in arch shape.
															4) Roll forwards from squat position.
															5) Rock backwards from seated tuck position.
															6) Front support, jump feet in between hands.
															7) Hula hoop.
															8) Action song to music.
															9) At least 3 skips over rope turned by teachers.
															10) Link a jump, roll and balance together.
															Date passed.

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