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 4

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

	1) Straight jump with secure landing.
	2) Balance on one foot and hold for 5 seconds.
	3) Tuck roll backwards and forwards.
	4) Show dish and arch positions while lying on the floor.
	5) Sit in straddle position showing good posture.
	6) Front and back support, lower to floor.
	7) Bunny hop.
	8) ½ turn jump.
	9) Front support, jump to crouch, jump to stand
	10) Walk along bench on toes and perform a full turn.
	Date passed.

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