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 5

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

	1) Straight jump from bench or box top to land securely on floor.
	2) Balance on one foot on bench or box top for 5 seconds.
	3) Tuck roll backwards and forwards to stand.
	4) Roll from dish to arch and back to dish.
	5) Hold piked V sit position for 5 seconds.
	6) 2 press ups in front support and back support.
	7) Bunny hop from side to side of a bench.
	8) Tuck jump on floor.
	9) Walk backwards along bench on toes and perform a full turn.
	10) Straight jump from springboard, with run up.
	Date passed.

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