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 6

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

															1) Forward roll to standing.
															2) Handstand with support.
															3) Straddle roll.
															4) Backward roll.
															5) Headstand with knees bent, hold for 3 seconds.
															6) Bridge.
															7) Squat onto box top and straight jump off.
															8) Star jump from 3 sections of box. Land feet together.
															9) Leap frog over partner.
															10) Squat on and forward roll along box top lengthways.
															Date passed.