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| | | | | | | | | | | | | | | | **Badge and certificate award sets are available for these grades.**<br>**To download an order form or order awards online, please visit: www.Winstrada.com**<br><br>**Winstrada**<br><br>**GYMNASTICS GRADE 1**<br><br>**Minimal assistance may be given if required (grades 1-3 only)**<br><br>**To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Partner work and Sequence sections** |
| | | | | | | | | | | | | | | | **Floor Skills** |
| | | | | | | | | | | | | | | | 1) Jogging on the spot for 45 seconds. |
| | | | | | | | | | | | | | | | 2) Balance on one foot then the other. |
| | | | | | | | | | | | | | | | 3) Take big steps along a bench, beam, or line on the floor |
| | | | | | | | | | | | | | | | 4) Show following positions on floor: Tuck, Straddle, Pike. |
| | | | | | | | | | | | | | | | 5) Jump forwards or sidewards over a line or rope. |
| | | | | | | | | | | | | | | | 6) Lie flat on the floor with arms near the ears |
| | | | | | | | | | | | | | | | 7) Jump up and down on the spot x 5. |
| | | | | | | | | | | | | | | | 8) Balance on 2 hands and 1 foot or 2 feet and 1 hand. |
| | | | | | | | | | | | | | | | 9) Walk on the spot on your heels |
| | | | | | | | | | | | | | | | 10) Quarter twist jump. |
| | | | | | | | | | | | | | | | **11) Hand Apparatus**<br>Make patterns with scarves or ribbons |
| | | | | | | | | | | | | | | | 12) **Partner Work**<br>Mirror & Match Partner Arm Movements |
| | | | | | | | | | | | | | | | 13) **Sequence**<br>Participate in the warm up and cool down sessions |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | Date passed |

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