

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 1

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

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

- 1) March around the room.
- 2) Balance on one foot then the other.
- 3) Take big steps along a bench.
- 4) Balance a bean bag on 3 different parts of the body.
- 5) Hop.
- 6) Jump forwards, backwards and sideways over a line or rope
- 7) Throw and catch a ball or balloon.
- 8) Jump over a rope being wriggled.
- 9) Throw a bean bag for your teacher to catch.
- 10) Lift bean bag, held between feet, over head.

Date passed.