Badge and certificate 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 2

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

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

	1) Skip quietly around the room.
	2) Walk backwards in a straight line.
	3) Show a squat position on toes without wobbling.
	4) Play musical statues.
	5) Jump up, feet together, with controlled landing.
	6) Move on hands and feet with tummy upwards.
	7) Pull yourself up a sloping bench like a seal.
	8) Log roll.
	9) Bounce a ball on the floor and catch it.
	10) Make big circles in the air with ribbon or rope.
	Date passed .