**Badge and certificate award sets are available for these grades.**
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# Winstrada

## GYMNASTICS GRADE 4

**To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Partner work and Sequence sections**

| | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | **Floor Skills** |
| | | | | | | | | | | | | | | | 1) Star jumps x 5 |
| | | | | | | | | | | | | | | | 2) Forward roll from squat position |
| | | | | | | | | | | | | | | | 3) Walk along bench, beam or line with bean bag on head |
| | | | | | | | | | | | | | | | 4) Show and hold dish position |
| | | | | | | | | | | | | | | | 5) Show and hold arch position |
| | | | | | | | | | | | | | | | 6) Front support, jump feet in between hands |
| | | | | | | | | | | | | | | | 7) Back support position |
| | | | | | | | | | | | | | | | 8) Bunny hops into and out of hoop |
| | | | | | | | | | | | | | | | 9) Arm circling backwards |
| | | | | | | | | | | | | | | | 10) Dish with one leg bent |
| | | | | | | | | | | | | | | | **7) Hand Apparatus** Seated position, with bean bag between feet, swing legs up and over head to place bean bag on floor |
| | | | | | | | | | | | | | | | 8) **Partner Work** With partner, standing stretch, drop to squat, jump feet back to front support |
| | | | | | | | | | | | | | | | 9) **Sequence** Stand with good posture, Star jump x 2, Astride jump x 2, half twist jump, drop to squat, jump feet back to front support |
| | | | | | | | | | | | | | | | Date passed |