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GYMNASTICS GRADE 5

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

Floor Skills

- 1) Jump from one foot to two feet with controlled landing.
- 2) Sit in straddle position with good posture.
- 3) Quarter twist jump immediately followed by half twist jump
- 4) Backward toll with light support if needed.
- 5) Roll from dish to arch position
- 6) Front support, jump to crouch, jump to stand
- 7) Front support and back support lower to floor under control
- 8) Keeping hands on floor, jumping on one leg, then the other.
- 9) Bunny hop side to side over bench
- 10) Side support, hold for 5 seconds.

11) Hand Apparatus
Catch bean bag or similar while balancing on one leg

12) Partner Work
Teddy bear / shoulder roll with partner

13) Sequence
Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, to crouch position, knees down, one leg extension to side then back to knees

Date passed