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Winstrada Aesthetic Sports Development Foundation

**GYMNASTICS
PROFICIENCY
GRADE 5**

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

1) Straight jump from bench or box top to land securely on floor.

2) Balance on one foot on bench or box top for 5 seconds.

3) Tuck roll backwards and forwards to stand.

4) Roll from dish to arch and back to dish.

5) Hold piked V sit position for 5 seconds.

6) 2 press ups in front support and back support.

7) Bunny hop from side to side of a bench.

8) Tuck jump on floor.

9) Walk backwards along bench on toes and perform a full turn.

10) Straight jump from springboard, with run up.

Date passed.