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 6

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

	1) Forward roll to standing.
	2) Handstand with support.
	3) Straddle roll.
	4) Backward roll.
	5) Headstand with knees bent, hold for 3 seconds.
	6) Bridge.
	7) Squat onto box top and straight jump off.
	8) Star jump from 3 sections of box. Land feet together.
	9) Leap frog over partner.
	10) Squat on and forward roll along box top lengthways.
	Date passed.

Further copies of this sheet can be downloaded from the following website: www.winstrada.com