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## Winstrada

### GYMNASTICS GRADE 6

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

#### Floor Skills

- 1) Run and jump from one foot to two feet with controlled landing.
- 2) Forward roll to straddle sit.
- 3) Tuck roll backwards and forwards to tuck, pike and straddle positions; 3 of each
- 4) Forward roll with stretch at start and finish.
- 5) Backward roll with stretch at start and finish
- 6) Front support, to side support to back support
- 7) V sit – hold for 15 seconds
- 8) Straight jump from bench or box top with controlled landing.
- 9) Tuck jump on floor
- 10) Dish, bend one leg then the other

#### 11) Hand Apparatus

Roll hoop, catch with one hand and rotate on arm

#### 12) Partner Work

In time with partner: back support, lower to floor, bend legs, tuck roll backwards and forwards to stand

#### 13) Sequence

Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, backward roll to knees, one leg extension to side then back to knees, to front support

Date passed