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GYMNASTICS GRADE 7

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

Floor Skills

- 1) Japana to 45 degrees.
- 2) Handstand with support.
- 3) Squat onto box top or shape, straight jump off
- 4) Push up to bridge
- 5) Headstand with bent legs
- 6) 5 shuttle runs
- 7) Shoulder stand with support
- 8) Show shape towards arabesque
- 9) Hula hooping
- 10) Three quarter twist jump

11) Hand Apparatus
Forward roll into back support with bean bag between knees

12) Partner Work
One in front support with feet on shoulders of the second who is in straddle sit

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, to side support, to back support with control

Date passed