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GYMNASTICS GRADE A1

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

Floor Skills

- 1) Handspring
- 2) Half lever (any)
- 3) Backward roll to handstand
- 4) Y balance
- 5) Dive roll from trampette or floor onto safety mats
- 6) Headspring off vault
- 7) Standing flick
- 8) Roundoff off to flat back on landing mat
- 9) Stag leap
- 10) Stretch to backward roll to front support, hold for 3 seconds.
- 11) **Hand Apparatus**
Balance bean bag on head while doing Y balance
- 12) **Partner Work**
One partner standing with bent knees, other partner stands just above knees and counterbalance
- 13) **Sequence**
Floor routine to music involving at least three of the moves from this grade

Date passed