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|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  | <p><b>Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: <a href="http://www.Winstrada.com">www.Winstrada.com</a></b></p> <p><b>Winstrada</b></p> <p><b>PRIMER GYMNASTICS</b></p> <p><b>Grade 2 (Yellow)</b></p> <p>Assistance may be given if required</p> <p>To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Bench work and Warm up sections</p> <p>Or</p> <p>To accurately measure outcomes, this scheme can be used with the Gymnastics Functional Index. A minimum GFI score of 28 is recommended to complete the grade</p> |
|  |  |  |  |  |  |  |  |  |  | <b>Floor Skills</b>  |
|  |  |  |  |  |  |  |  |  |  | 1) Sitting on floor, show Tuck, Pike and Star shape  |
|  |  |  |  |  |  |  |  |  |  | 2) Jump onto a higher surface with support as required   |
|  |  |  |  |  |  |  |  |  |  | 3) Tuck roll - feet to contact floor when rocking forwards   |
|  |  |  |  |  |  |  |  |  |  | 4) Jump from a low shape, stop and ,stillness  |
|  |  |  |  |  |  |  |  |  |  | 5) Running and change direction  |
|  |  |  |  |  |  |  |  |  |  | 6) Balance on one leg for 8 seconds  |
|  |  |  |  |  |  |  |  |  |  | 7) With hands on floor, hop on one leg   |
|  |  |  |  |  |  |  |  |  |  | 8) Balance bean bag on two parts of the body (lying, sitting or standing)  |
|  |  |  |  |  |  |  |  |  |  | 9) Balance on one hand and two feet, or one foot and two hands   |
|  |  |  |  |  |  |  |  |  |  | 10) Hold onto bar and, with support, touch both feet on the bar  |
|  |  |  |  |  |  |  |  |  |  | 11) <b>Hand Apparatus</b><br>Sit with legs apart, roll ball to partner   |
|  |  |  |  |  |  |  |  |  |  | 12) <b>Bench Work</b><br>Lying on front, pull and slide forwards or backwards along bench  |
|  |  |  |  |  |  |  |  |  |  | 13) <b>Warm Ups</b><br>Join in action songs whilst lying, sitting or standing  |
|  |  |  |  |  |  |  |  |  |  | <b>GFI Total (if used)</b>   |
|  |  |  |  |  |  |  |  |  |  | <b>Date passed</b>   |