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## Winstrada

### PRIMER GYMNASTICS Grade 3 (Blue)

Assistance may be given if required

To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Bench work and Warm up sections

Or  
To accurately measure outcomes, this scheme can be used with the Gymnastics Functional Index. A minimum GFI score of 30 is recommended to complete the grade

#### Floor Skills

- 1) Lying on front, pull to slide up a sloped bench
- 2) Throw a ball, let it bounce and then catch it
- 3) Balance on one foot for 10 second
- 4) Sideways roll on floor (log roll) keeping body straight
- 5) Forward roll on floor or slope
- 6) Show Dish and Arch position
- 7) Squat shape landing on knees on a vault or soft shape with support
- 8) Throw bean bag at a target
- 9) Hold onto bar and swing forwards and backwards
- 10) Hold onto bar in tuck position for 3 seconds

11) **Hand Apparatus**  
Throw a ball to a partner

12) **Bench Work**  
Jump from bench with controlled landing

13) **Warm Ups**  
Join in action songs with hand apparatus

#### GFI Total (if used)

#### Date passed