



WINSTRADA

GYMNASTICS PROFICIENCY GRADE ONE

Minimal assistance may be given if required (grades 1-3 only)

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

Floor Skills:

- Jogging on the spot for 45 seconds
- Balance on one foot then the other
- Take big steps along a bench, beam, or line on the floor
- Show following positions on floor: Tuck, Straddle, Pike
- Jump forwards or sideways over a line or rope
- Lie flat on the floor with arms near the ears
- Jump up and down on the spot x 5
- Balance on 2 hands and 1 foot or 2 feet and 1 hand
- Walk on the spot on your heels
- Quarter twist jump

Hand Apparatus: Make patterns with scarves or ribbons

Partner Work: Mirror & Match Partner Arm Movements

Sequence: Participate in the warm up and cool down sessions