



WINSTRADA

GYMNASTICS PROFICIENCY GRADE TWO

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:

- Jump to star position, jump together x 5
- Log roll on floor or down slope
- Tuck roll backwards and forwards
- Rotate both arms forward in a circle
- Skipping (not with rope); one foot then the other on the spot for 10 seconds
- Balance on 1 foot on a bench or box
- Hopping on the spot
- Bunny hops on the spot
- Walk on the spot, on tip toes
- Walk along line or bench, full turn in middle

Hand Apparatus: Bounce and catch a ball

Partner Work: Sit in Straddle position with partner and roll ball to each other

Sequence: Balance on one foot then the other; sit on floor; show tuck, then pike, then straddle positions