

## GYMNASTICS PROFICIENCY GRADE THREE

*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:**

- Astride jumps x 5
- Forward roll
- Step over bean bag or small obstacles on bench, beam or line on floor
- Walk backwards along a line, beam or bench
- Hands and feet with tummy up (crab)
- Front support
- Jump on spot x 5 landing on both feet with controlled stop
- Bunny hops travelling along the floor
- Rock from heels to tip toes and back
- Jump into and out of hoop

**Hand Apparatus:** Explore Bean Bags balancing on body

**Partner Work:** Throw and catch a ball with partner

**Sequence:** Stand with good posture, Star Jump x 2, Astride Jump x 2, Half Twist  
Jump with controlled landing, then into a squat position