



WINSTRADA

GYMNASTICS PROFICIENCY GRADE SEVEN

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

Floor Skills:

- Japana to 45 degrees
- Handstand with support
- Squat onto box top or shape, straight jump off
- Push up to bridge
- Headstand with legs bent
- 5 shuttle runs
- Shoulder stand with support
- Show shape towards arabesque
- Hula hooping
- Three quarter twist jump

Hand Apparatus: Forward roll into back support with bean bag between knees

Partner Work: One in front support with feet on shoulders of the second who is in straddle sit

Sequence: Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, backward roll to knees, one leg extension to side, then back to knees, to front support, to side support, to back support with control