



WINSTRADA

PRIMER GYM AWARD TWO (YELLOW)

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

Floor Skills:

- Sitting on floor, show Tuck, Pike and Star shape
- Jump onto a higher surface with support as required
- Tuck roll - feet to contact floor when rocking forwards
- Jump from a low shape, stop and stillness
- Running and change direction
- Balance on one leg for 8 seconds
- With hands on floor, hop on one leg
- Balance bean bag on two parts of the body (lying, sitting or standing)
- Balance on one hand and two feet, or one foot and two hands
- Hold onto bar and, with support, touch both feet on the bar

Hand Apparatus: Sit with legs apart, roll ball to partner

Bench Work: Lying on front, pull and slide forwards or backwards along bench

Warm Ups: Join in action song whilst lying, sitting or standing