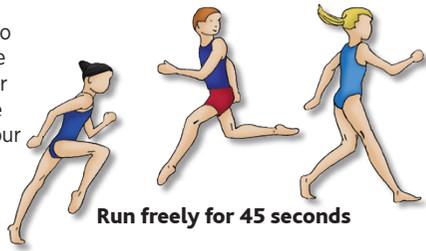


proficiencyawards

#GymnastsAtHome

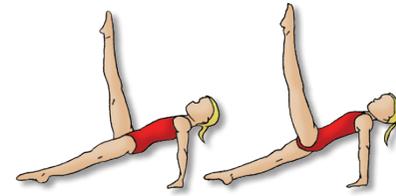
! You can do this in the garden, or in a large space in your house!



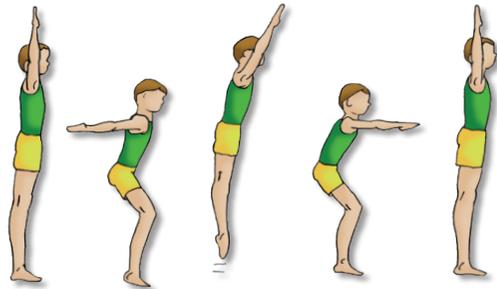
Run freely for 45 seconds



Bent leg dish

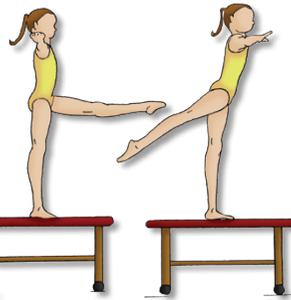


Back support raising 1 leg at a time towards the vertical

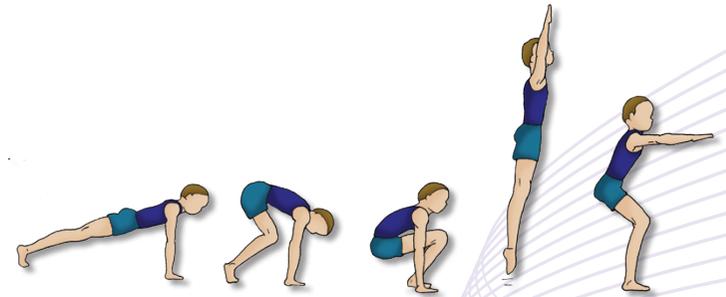


Stand and jump to safe landing

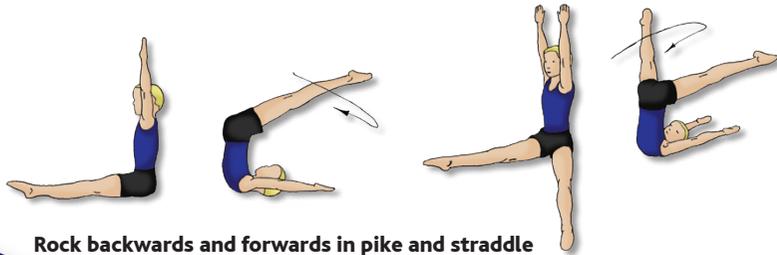
! This activity is to be performed using a rope or a line on the floor. Please **do not** use large apparatus to perform this skill.



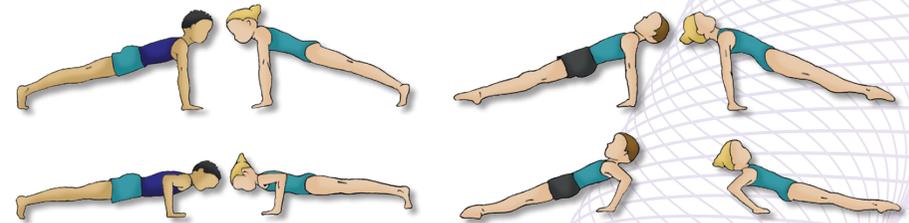
1 foot balance on bench or box top



From front support, jump in and up

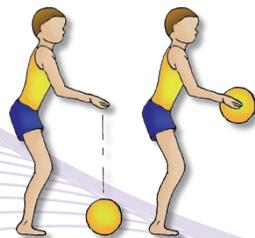


Rock backwards and forwards in pike and straddle



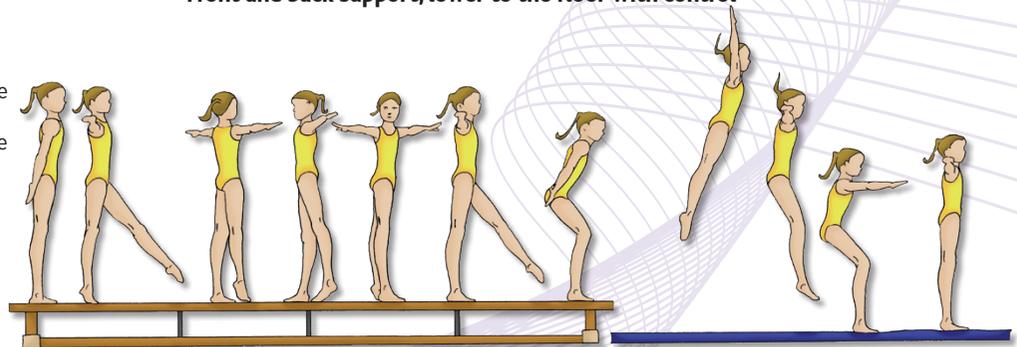
Front and back support, lower to the floor with control

7



Bounce and catch a ball 3 times

! This activity is to be performed using a rope or a line on the floor. Please **do not** use large apparatus to perform this skill.



Walk forwards along a bench and full turn in the middle