



# WINSTRADA

## GYMNASTICS PROFICIENCY GRADE FOUR

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

### Floor Skills:

- Star jumps x 5
- Forward roll from squat position
- Walk along bench, beam or line with bean bag on head
- Show and hold dish position
- Show and hold arch position
- Front support, jump feet in between hands
- Back support position
- Bunny hops into and out of hoop
- Arm circling backwards
- Dish with one leg bent

**Hand Apparatus:** Seated position, with bean bag between feet, swing legs up and over head to place bean bag on floor

**Partner Work:** With partner, standing stretch, drop to squat, jump feet back to front support

**Sequence:** Stand with good posture, Star Jump x 2, Astride Jump x 2, Half Twist Jump, drop to squat, jump feet back to front support