



WINSTRADA

GYMNASTICS PROFICIENCY GRADE FIVE

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

Floor Skills:

- Jump from one foot to two feet with controlled landing
- Sit in straddle position with good posture
- Quarter twist jump immediately followed by half twist jump
- Backward roll with light support if needed
- Roll from dish to arch position
- Front support, jump to crouch, jump to stand
- Front support and back support lower to floor under control
- Keeping hands on floor, jumping on one leg then the other
- Bunny hop side to side over bench
- Side support, hold for 5 seconds

Hand Apparatus: Catch bean bag or similar while balancing on one leg

Partner Work: Teddy bear / shoulder roll with partner

Sequence: Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, to crouch position, knees down, one leg extension to side, then back to knees