



PROFICIENCY LEVEL AWARDS





Level 15

Key Focus: Basic coordination, balance, and body awareness.

FLOOR	Opposite arm to leg marches on th spot
FLOOR	Jump over low rope or obstacle
FLOOR	Skipping using a hoop
FLOOR	With ribbins, explore movement and patterns on the floor/ in the air using right & left hands
FLOOR	Show front support shape
FLOOR	Follow a "mirror" routine (can be a warm up)
CON	Shake limbs (high, low, in front and behind)
CON	Shoulder shrugs and circles
CON	Show being tall, small & wide
CON	Correctly identify parts of the body



Level 14

Key Focus: Coordination and introducing light movement skills.

FLOOR	Run forwards or hands and feet (showing coordination)
FLOOR	Lunge and Reach (rounded back & arms to ears) (showing balance)
FLOOR	Roll ball backwards and forwards with coach or partner
FLOOR	Swing a rope 'to & fro' for a child to jump over x10
FLOOR	Throw and catch a bean bag (alone)
FLOOR	Stretch to touch toes (standind or sitting)
FLOOR	Hopping on one Leg x3 (can use either leg)
FLOOR	Show a saftey stop position
CON	Walk along raised "stones" (objects) showing control & balance
CON	Colour & Shape Game - lay out objects for child to correctly identify



Level 13

FLOOR	Bunny jump (hop) forwards, backwards & sideways x10
FLOOR	Show & hold a dish & arch shape x 5 secs
FLOOR	Chassee sideways, first leading with one leg & then the with the other leg
FLOOR	Small, raised step - walk up & down 30sec
FLOOR	High knees running in place 30secs
FLOOR	Press ups against the wall x8
FLOOR	Drop and catch a ball x3
BEAM	Using a bench stand - sit - stand x10
CON	Walk along a line on "tippy toes" and "heels" with control
CON	Rock from toes to heels



Level 12

VAULT	Balance on L&R leg on a piece of apparatus
FLOOR	Hop on both Left & Right leg x3
FLOOR	Run forwards with high knees
FLOOR	Throw and catch a bean bag (with a coach or partner)
FLOOR	Double Dutch Skipping - Swing a rope in a circle for a child to jump over x5
FLOOR	Roll a hoop in a uniformed line x5m
FLOOR	With a ribbon perform different movement patterns
FLOOR	Throw a ball against a wall & catch with accuracy x3
BEAM	Walk along bench or floor beam (arms out to the side)
CON	Standing tall with arms straight above head (good posture)



Level 11

FLOOR	Using both feet, dribble a ball around cones with control
FLOOR	Sit in straddle - reach forward (legs straight & pointed toes)
FLOOR	Tuck Hold shape (laying down)
FLOOR	Teddy Bear Roll
FLOOR	Burpees x5
FLOOR	Cat-Cow Stretch (showing dish and arch)
FLOOR	Jog 30 secs
CON	Explain why we "warm up"
CON	Explain why we "cool down"
FLOOR	Jump arms and legs into star shape and jump back together



Level 10

FLOOR	Pointed toes
FLOOR	Flexed toes
FLOOR	Jumping Jacks 30secs
FLOOR	Hop Scotch
FLOOR	Bounce and catch ball with a coach or partner x3
FLOOR	Walk with beanbag on head
FLOOR	Cone weave
FLOOR	Sit with legs & arms crossed good posture
FLOOR	Bend & straighten legs (Standing)
BARS	Hang 5 seconds on low bar



Level 9

FLOOR	Falling tree (with coach) (keeping a dish shape)
FLOOR	Balance on one leg with a bent knee.
FLOOR	10 x rebound jumps on floor on the spot. (to finish in safety stop)
FLOOR	Jump with pointed toes and straight legs in the air (finish in safety stop)
FLOOR	Hopping x5 on each leg.
FLOOR	Bunny hop over floor beam.
FLOOR	Cone weave with beanbag on head
CON	One sit up
BEAM	Walk on floor beam.
VAULT	Jump from low box land safely.



Level 8

FLOOR	Bunny hop over bench
FLOOR	Skipping
FLOOR	Jump side to side over floor beam
FLOOR	Balance on one leg straight knees
FLOOR	Roll backwards & forwards on the floor
FLOOR	Skipping backwards with a hoop
TRAMP	10 jumps staying on the cross (Trampoline)
TRAMP	Safety stop on trampoline
VAULT	Stretch Jump on floor.
VAULT	Walk & jump off bench onto board land safely (safety stop)



Level 7

FLOOR	Balance on one leg (both legs) (straight knees)
BEAM	Walk side ways and backwards on floor beam
BEAM	Walk over small objects on floor beam
FLOOR	Skip with a rope.
FLOOR	Hang on low bar - show dish and arch shape
BARS	Stretch jump on trampoline
TRAMP	Bouncing on hands and knees (cordinating arms and legs)
TRAMP	Rebound Jumps keeping arms to ears
TRAMP	Jump to seated position (keeping legs straight) (trampoline)
VAULT	Show vault armswing jumping forwards (on the floor)



Level 6

BEAM	Balance on one leg on floor beam
FLOOR	Star jump on floor.
FLOOR	Tuck jump on floor
FLOOR	Lying down leg raises
FLOOR	Forward roll down slope to sitting position.
BARS	Low bar hang in tuck and straddle
BARS	Hang walks on bars.
BARS	Front support on low bar.
BEAM	Climb up & walk on high beam (aided)
VAULT	Run and stretch jump from springboard.



Level 5

FLOOR	Cartwheel
FLOOR	Roll backwards & forwards to stand
FLOOR	Backward roll down slope to stand.
FLOOR	Forward roll down slope to stand.
TRAMP	Trampoline tuck, star, seat drop
FLOOR	Dish hold
FLOOR	Arch hold
FLOOR	Sit ups x5
BARS	Hang on bars, 1 leg lift (assisted)
VAULT	Tuck on low block stretch jump off to land. (no run)



Level 4

FLOOR	Forward roll to stand (on floor)
FLOOR	Handstand with support or against the block
FLOOR	Leap frog over aparatus
FLOOR	Backward roll to stand (on floor)
FLOOR	Headstand knees bent
FLOOR	Push to bridge
BARS	Front support on any bar, roll forward to long hang
BARS	Swing & regrasp any bar
FLOOR	JUMP 1/2 turn
VAULT	Squat on stretch jump off (from a run)



Level 3

FLOOR	Cartwheel side to side on a line
FLOOR	Jump full turn
FLOOR	Headstand hold with straight leg lift
FLOOR	Backward roll to straddle
FLOOR	Handstand hold
CON	10 Chin ups on low bar with feet raised on a block
CON	Press ups x3
BARS	Circle up on low bar using block
TRAMP	Hands & knees front drop (Trampoline)
VAULT	Long box squat on catspring off



Level 2

FLOOR	Handstand on floor fall to flat lye (back) onto mats
FLOOR	Cartwheel chasse cartwheel
FLOOR	Dive roll use springboard & crash mat
FLOOR	Backbend to bridge, use matted wall
FLOOR	Bridge kick over, use low block
TRAMP	Seat drop 1/2 turn to stand
TRAMP	Front drop from standing on trampoline
BEAM	Forward roll-on bench
VAULT	Long box, Squat on, handspring off
VAULT	Through vault



Level 1

FLOOR	Round off.
FLOOR	Handstand hops on floor.
FLOOR	Back bend on floor.
FLOOR	Handstand forward roll.
FLOOR	Splits any way.
FLOOR	Headspring from block to stand.
BARS	Circle up to front support on low bar
BEAM	Forward roll-on low beam
TRAMP	Trampoline hands and knees bounces, forward salto to sit.
VAULT	Handspring to flat lye using two crash mats.



Bronze Award

FLOOR	1 handed cartwheel.
FLOOR	Handstand to bridge.
FLOOR	Arabesque hold 3 seconds leg & body horizontal.
BARS	Low bar undershoot from standing from 1 foot.
BARS	Low bar. Cast from front support back to block x3
BEAM	Forward roll-on beam
BEAM	Round off dismount off low beam.
TRAMP	Front somi trampoline
TRAMP	Swivel hips trampoline.
VAULT	Handspring to flat lye use x1 block and x1 mat.



Silver Award

FLOOR	Backward roll to front prone
FLOOR	Round off jump 1/2 turn round off
FLOOR	Pike or straddle hold for 3 seconds on floor bars
BEAM	Cartwheel on bench (use mat)
BEAM	Roundoff dismount high beam
BARS	Backward hip circle
BARS	Low bar cast & return to bar horizontal
TRAMP	Flick with support (Trampoline or Fast Track)
TRAMP	Seat drop into front drop (Trampoline)
VAULT	Handspring to flat lye x 1 block & x 2 crashmats



Gold Award

FLOOR	Front somi springboard and splat mat.
FLOOR	Handstand walking (3 metres minimum).
FLOOR	Back bend kick over.
BARS	Headspring on floor
BARS	Undershoot from front support.
BEAM	High beam catleap into tuck jump.
TRAMP	Cartwheel on low beam
BEAM	Back somi on trampoline.
VAULT	Flick on trampoline or fast track unaided.
VAULT	Handspring vault showing 1st and 2nd flight to stand.