



PROFICIENCY LEVEL AWARDS

RECORD SHEET



Level 15 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Opposit arm to leg marches on the spot		
Jump over low rope or obstacle		
Skipping Using Hoop		
With Ribbons, explore movement and patterns on the floor/ in the air using left and right hands		
Show front support shape (on the floor)		
Follow a mirror routine (can be a warm up)		
Shake limbs (front, back, high and low)		
Shoulder shrugs & circles		
Show being tall, small & wide		
Correctly Identify parts of the body		



Level 14 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Run forwards on hands and feet (showing coordination)		
Lunge and reach (rounded back & arms to ears - showing balance)		
Roll ball backwards and forwards with coach or partner		
Swing a rope "to & fro" for a child to jump over x10		
Throw and catch bean bag (alone)		
Stretch and Touch Toes standing or sitting (straight legs)		
Hopping on one leg x3 (can use either leg)		
Show a safety stop position		
Walk along along "stones" (objects) showing control and balance		
Colour & Shape Game - Lay out objects for child to correctly identify		



Level 13 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Bunny Jump (hop) forwards, backwards, sideways x10		
Show and hold dish & arch shape 5sec		
Chasse sideways, first leading with one leg then the other leg		
Small, raised step - walk up & down 30sec		
High knees running in place		
Press up against the wall x8		
Drop & catch a ball x3 (alone)		
Using a bench stand and sit x10 (squat)		
Walk along a line "tippy toes" and "heels" (showing control)		
Rock from toes to heels		



Level 12 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Balance of L&R Leg on a piece of apparatus		
Hop on both L&R leg x3		
Run forwards with high knees		
Throw and catch a bean bag (with coach or partner)		
Double Dutch Skipping - Swing a rope in a circle for a child to jump over x5		
Roll a hoop in a uniformed line x5m		
With a ribbon perform different movement patterns		
Throw a ball against a wall and catch with accuracy x3		
Walk along bench or floor beam (arms out to the side) (assisted)		
Standing tall with above straight above head (good posture)		



Level 11 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Using both feet, dribble a ball around cones with control		
Sit in straddle - reach forward (legs straight & pointed toes)		
Tuck hold shape (laying down)		
Teddy bear roll		
Burpees x5		
Cat-Cow Stretch (showing dish and arch)		
Jog 30 sec		
Explain why we "warm up"		
Explain why we "cool down"		
Jump arms and legs into star shape and jump back together		



Level 10 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Pointed toes		
Flexed toes		
Jumping Jacks x5		
Hop Scotch		
Bounce and catch a ball (with a coach or partner x3)		
Walk with bean bag balancing on the head		
Cone Weave		
Sitting with arms and legs crossed (good posture)		
Bend & Straighten legs (standing)		
Hang 5 seconds on low bar		



Level 9 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Falling tree (with coach) (keeping dish shape)		
Balance on one leg with bent knee		
x10 rebound jumps on floor - on one spot (finish in safety stop)		
Jump with pointed toes and straight legs In the air (finish in safety stop)		
Hopping of each leg x5		
Bunny hop over floor beam		
Cone beam with bean bag on the head		
One sit up		
Walk on floor beam (unassisted)		
Jump from low box (land safely)		



Level 8 - Record Sheet

Name _____

IGA Membership No. _____

8 out of 10 listed below to pass this level	Date	Coach Signature
Bunny hop over bench		
Skipping		
Jump side to side over floor beam		
Balance on one leg (straight knees)		
Roll backwards on the floor		
Skipping backwards with a hoop		
x10 jumps staying on the cross (trampoline)		
Saftey stop trampoline		
Stretch jump on floor		
Walk & jump off bench onto board land safely (saftey stop)		

