

# Level 7 - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Balance on lifting one leg (both legs) (straight legs)		
Walk forwards, sideways and backwards on floor beam		
Walk over small objects on floor beam		
Skip with a rope		
Hang on low bar - show dish and arch shape		
Stretch jump on trampoline		
Bouncing on hands and knees (cordinating both arms and legs)		
Rebound jumps keeping arms by ears		
Jump to seated position (legs straight) (trampoline)		
Show vault arm swing jumping forwards on the floor		



# Level 6 - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Balance lifting one leg on floor beam		
Star Jump (on floor)		
Tuck Jump (on floor)		
Lying down leg raises		
Forwards roll down slope to sitting position		
Low bar hang in tuck position & straddle position		
Hang walk on bars		
Front support on low bar		
Climb up and walk along high beam (aided)		
Run and stretch jump on spring board		



# Level 5 - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

<b>8 out of 10 listed below to pass this level</b>	<b>Date</b>	<b>Coach Signature</b>
Cartwheel		
Roll backwards & forwards to stand		
Backwards roll down a slope to stand		
Forwards roll down a slope to stand		
Star Jump (trampoline)		
Tuck Jump (trampoline)		
Seat drop (trampoline)		
Sit Ups x5		
Hang on low bar leg lift (assisted)		
Tuck on low block - stretch jump to land (no run)		



# Level 4 - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Forward roll to stand (on floor)		
Handstand with support against a block		
Leap frog over apparatus		
Backward roll to stand (on floor)		
Headstand bent knees		
Push to bridge		
Front support on bars - roll forward to long hang		
Swing and regrasp		
Jump half turn (floor)		
Squat on block and stretch jump off (from a run)		



# Level 3 - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Cartwheel side to side on a line		
Jump full turn		
Headstand hold (straight legs)		
Backward roll to straddle		
Handstand hold (unassisted)		
10 chin ups on low bar with feet raised (or assisted)		
x3 press ups		
Circle up on low bar (using a block)		
Front drop (from hands and knees)		
Long box Squat on - catspring off		



# Level 2 - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Handstand on floor - fall to flat lye (back) onto mats		
Cartwheel chasse cartwheel		
Dive roll (use springboard and crash mat)		
Backbend to bridge (use a padded wall)		
Bridge kick over (using block)		
Seat drop 1/2 turn		
Front drop from standing (trampoline)		
Forward roll on bench		
Long box - Squat on - Handspring off (vault)		
Through vault		



# Level 1 - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Round Off		
Handstand Hops on floor		
Back bend on floor		
Handstand forward roll		
Splits any way		
Headspring from block to stand		
Circle up to front support on low bar		
Forward roll on low beam		
Trampoline hands and knees bounces, forward salto to sit		
Handspring to flat lye using two crash mats (vault)		



# Bronze Award - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
1 Handed cartwheel		
Handstand to bridge		
Arabesque hold 3 seconds (leg & body horizontal)		
Low bar undershoot from standing from 1 foot		
Low bar - cast to from front support - back to block x3		
Forward roll on beam		
Round off dismount off low beam		
Front somi (trampoline)		
Swivel hips (trampoline)		
Handspring to flat lye (one block + one mat)		





# Silver Award - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Backward roll to front prone		
Round off - jump 1/2 turn - round off		
Pike or straddle hold (3 sec) (floor bars)		
Cartwheel on bench		
Round off dismount off high beam		
Backward hip circle		
Low bar cast to horizontal and return to the bar		
Flick (with support) (trampoline/air-track/fast-track)		
Seat drop into front drop (trampoline)		
Handspring to flat lye x1 block - x2 crash mats		



# Gold Award - Record Sheet

Name \_\_\_\_\_

IGA Membership No. \_\_\_\_\_

8 out of 10 listed below to pass this level	Date	Coach Signature
Front somi from springboard to splat mat		
Handstand walking (3 metres)		
Back bend kick over		
Headspring or Handspring on floor		
Undershoot from front support		
High beam catleap into tuck jump		
Cartwheel on low beam		
Back somi on trampoline		
Flick on trampoline/air-track/fast-track unaided		
Handspring vault to stand (showing first and second flight)		

