

# proficiencyawards

Complete all 8 levels and obtain your gold medal!



personalachievementchart

8

activities	date	signature
1. Run on the spot for 30 seconds		
2. Fun gym shapes – sit in tuck, pike, straddle. Stand with tall stretch & star		
3. Front & back support		
4. Jump in & out of a hoop		
5. Transfer weight from 1 foot to the other		
6. From crouch, bunny jump		
7. Rock backwards & forwards in tuck		
8. Matched & mirrored sequence of arm positions		
9. Explore patterns using ribbons or scarves		
10. Walk forwards along a bench on tiptoes		

4

activities	date	signature
1. Skip for 30 seconds		
2. Low lunges with both legs – forwards & sideways		
3. Shoulder stand with hips supported		
4. Cat leaps, 2 times, each leg		
5. Frog balance		
6. Straddle bunny jumps across a bench side-to-side		
7. Tucked backward roll down an incline		
8. Chassis steps with arm swing, facing partner		
9. Hoopa hooping		
10. From box top – star jump to safe landing		

7

activities	date	signature
1. Run freely for 45 seconds		
2. Bent leg dish		
3. Back support raising 1 leg at a time toward the vertical		
4. Stand & jump to safe landing		
5. 1 foot balance on bench or box top		
6. From front support jump in & up		
7. Rock backwards & forwards in pike & straddle		
8. Front & back support, lower to the floor with control		
9. Bounce & catch a ball 3 times		
10. Walk forwards along a bench & full turn in the middle		

3

activities	date	signature
1. Skip for 45 seconds		
2. Japana flat		
3. Headstand with knees bent & lower into frog		
4. Tuck jump		
5. Headstand with knees bent		
6. Cartwheel		
7. Forward roll		
8. Teddy bear roll – back to back with partner		
9. Throw, jump & catch hand apparatus		
10. Squat on box top & stretch jump off		

6

activities	date	signature
1. Follow my leader in pairs using different actions for 1 min		
2. Dish & arch		
3. Press-up forward & backward		
4. Hop jump, hop jump along the floor		
5. Piked V-sit with hand support		
6. Travelling bunny jumps		
7. Rock backwards & forwards tucked to stand		
8. Side support on 1 arm, turn slowly to the other		
9. With partner, roll & catch a ball or hoop		
10. Walk backwards along a bench & full turn in the middle		

2

activities	date	signature
1. 6 shuttle runs		
2. Bridge		
3. Half lever with 1 foot only raised – change legs		
4. Jump half turn		
5. Headstand		
6. Cartwheel quarter turn off bench		
7. Backward roll		
8. Counter balance		
9. Single knee balance, throw & catch hand apparatus		
10. Squat on box top & tuck jump off		

5

activities	date	signature
1. Leap from 1 foot to the other		
2. Japana to 45°		
3. Move sideways from dish to arch		
4. Hop, step & jump		
5. T-balance		
6. Bunny jumps over a bench side-to-side		
7. Tucked forward roll down an incline		
8. Front support with partner		
9. Roll a ball or hoop, travel at its side & pick it up		
10. Run, hurdle step & 2 footed rebound jump		

1

activities	date	signature
1. 10 shuttle runs		
2. Splits		
3. Half lever or straddled half lever		
4. Jump full turn		
5. Moving toward handstand using apparatus		
6. Change leg handstand		
7. Handstand forward roll		
8. Matched & mirrored sequence – to include roll, jump & balance		
9. Throw hand apparatus, perform leap, catch & perform a balance		
10. Straddle on box top & straddle jump off		