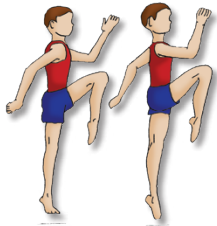
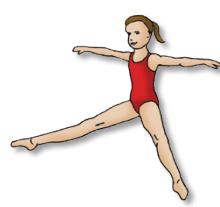


proficiencyawards

#GymnastsAtHome



Run on the spot for 30 seconds

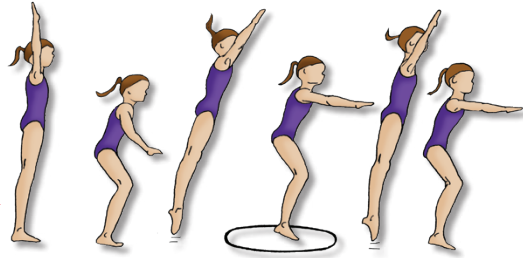


Fun gym shapes – sit in tuck, pike, straddle. Stand with tall stretch and star

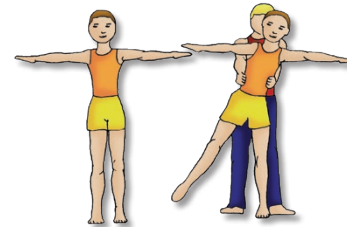


Front and back support

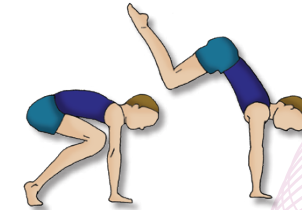
! If you do not have a hoop you could make a circle with a rope, or jump on and off a rug!



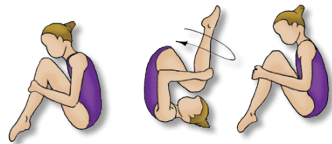
Jump in and out of a hoop



Transfer weight from 1 foot to the other

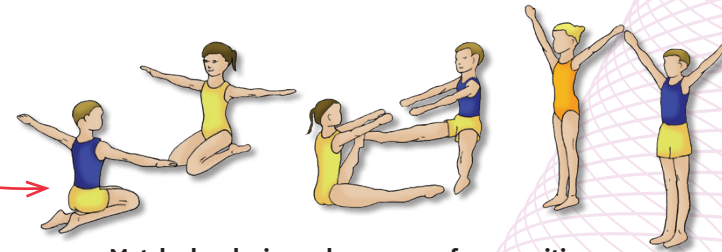


From crouch, bunny jump

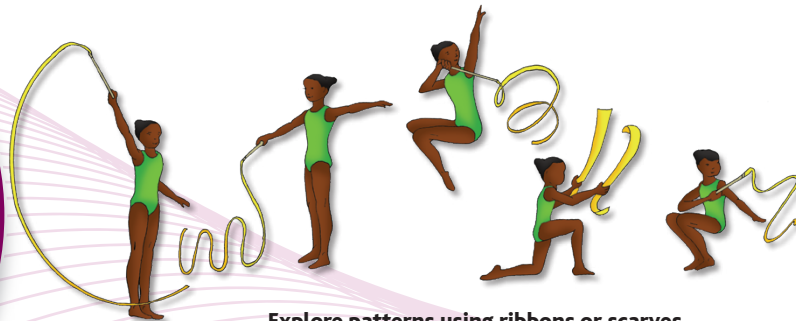


Rock backwards and forwards in tuck

! Ask someone at home with you to get involved in this activity!

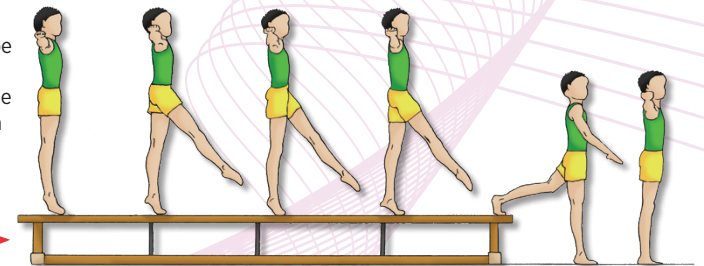


Matched and mirrored sequence of arm positions



Explore patterns using ribbons or scarves

! This activity is to be performed using a rope or a line on the floor. Please **do not** use large apparatus to perform this skill.



Walk forwards along a bench on tiptoes

8