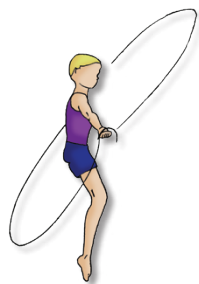
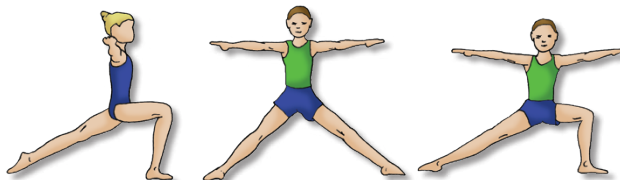


proficiencyawards

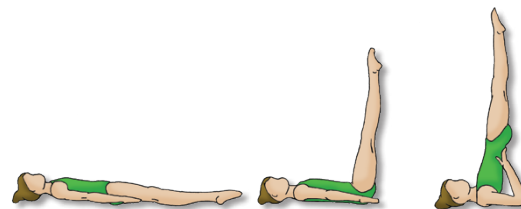
#GymnastsAtHome



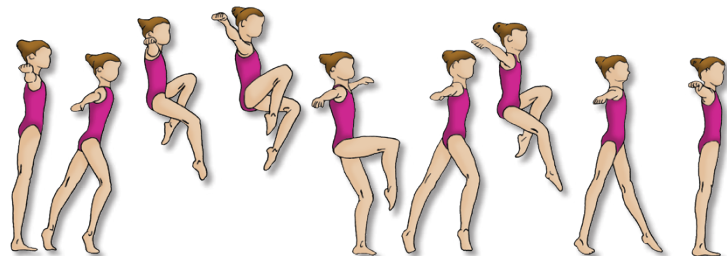
Skip for 30 seconds



Low lunges with both legs – forwards and sideways



Shoulder stand with hips supported

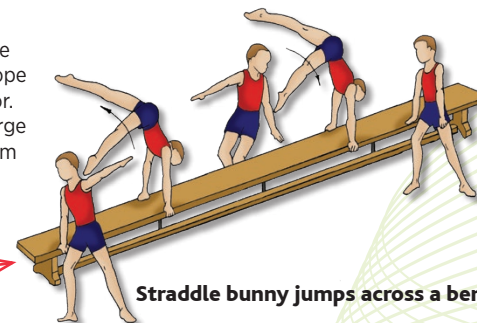


Cat leaps, 2 times, each leg

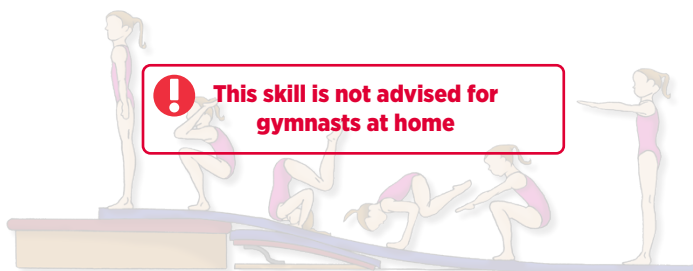


Frog balance

! 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.



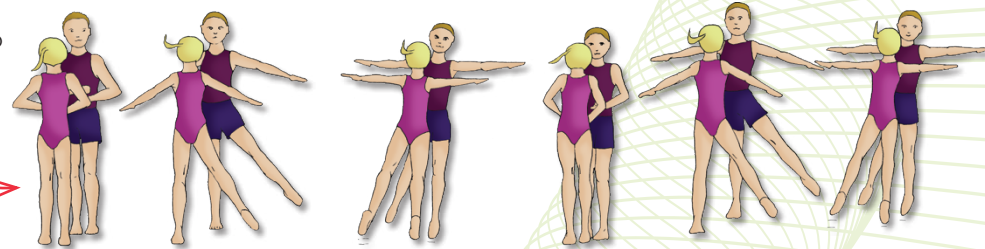
Straddle bunny jumps across a bench side-to-side



! This skill is not advised for gymnasts at home

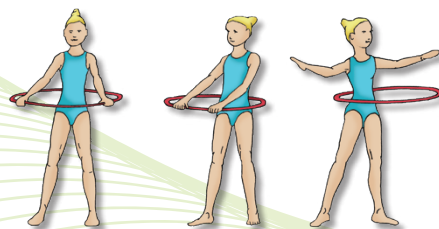
Tucked backward roll down an incline

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



Chassis steps with arm swing, facing partner

4



Hoola hooping

! This skill is not advised for gymnasts at home



From box top – star jump to safe landing