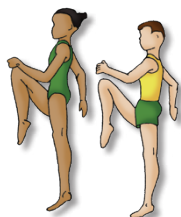


proficiencyawards

#GymnastsAtHome

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



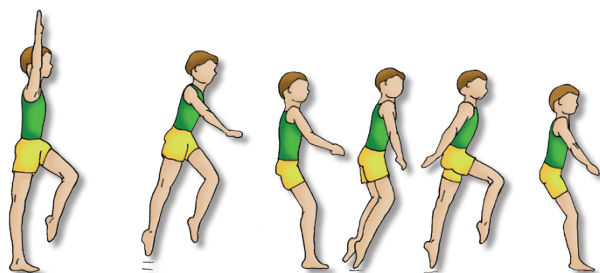
Follow my leader in pairs using different actions for 1 minute



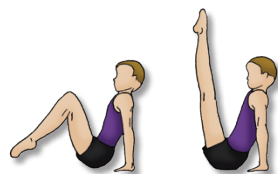
Dish and arch



Press-up forwards and backwards



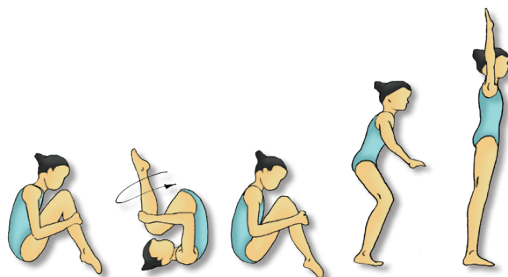
Hop jump, hop jump along the floor



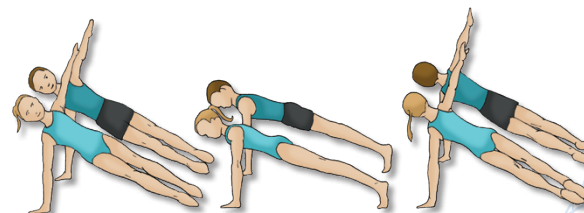
Piked V-sit with hand support



Travelling bunny jumps

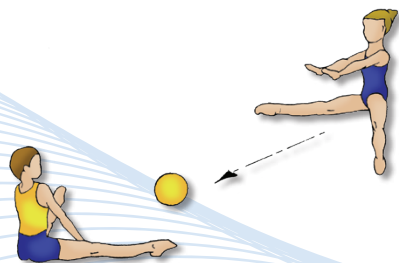


Rock backwards and forwards tucked to stand

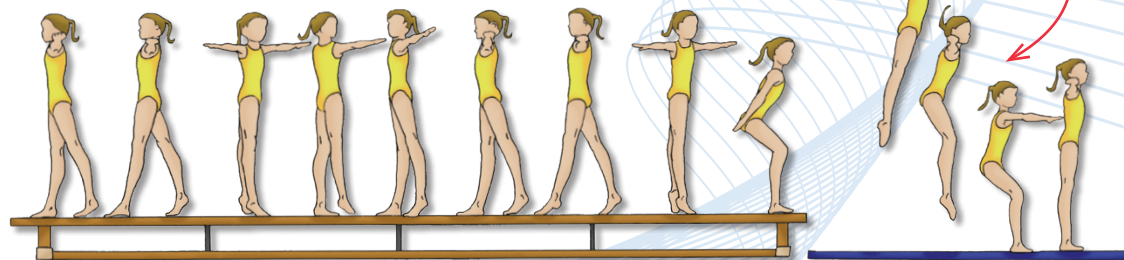


Side support on 1 arm, turn slowly to the other

! 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.



With partner, roll and catch a ball or hoop



Walk backwards along a bench and full turn in the middle

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