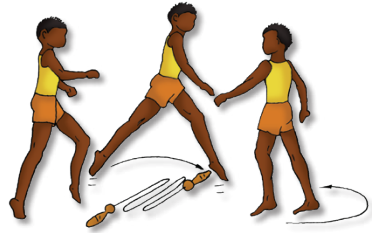
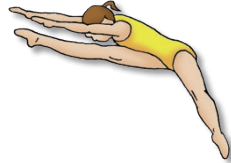


proficiencyawards

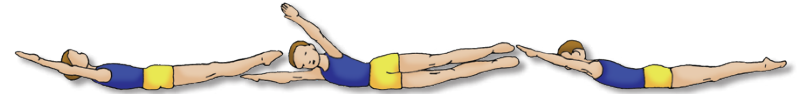
#GymnastsAtHome



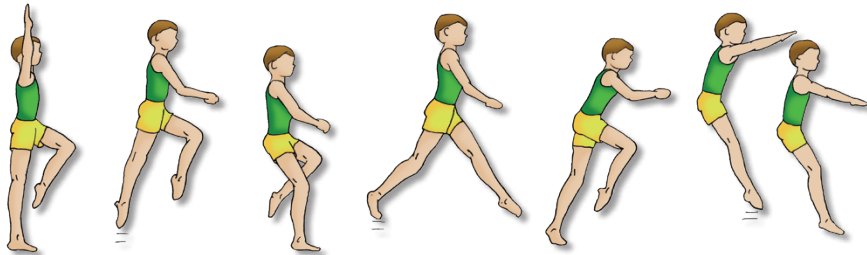
Leap from 1 foot to the other



Japana to 45°



Move sideways from dish to arch

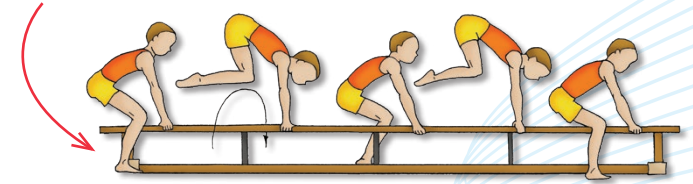


Hop, step and jump

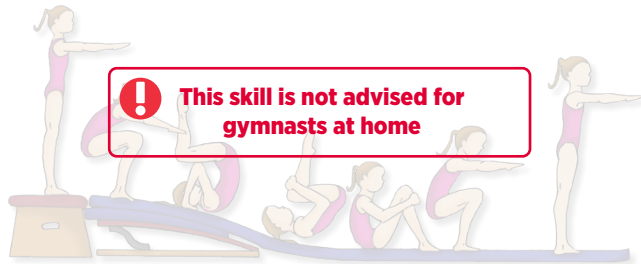


T-balance

! 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.



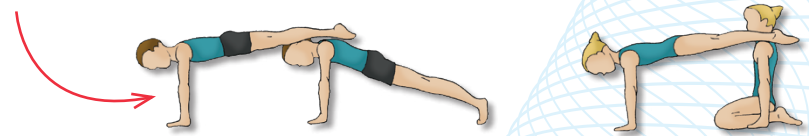
Bunny jumps over a bench side-to-side



! This skill is not advised for gymnasts at home

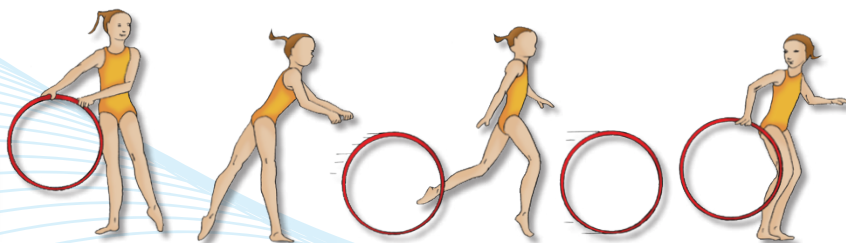
Tucked forward roll down an incline

! Adult to be the base in this activity, or an older sibling. Ensure an adult is present during this activity!

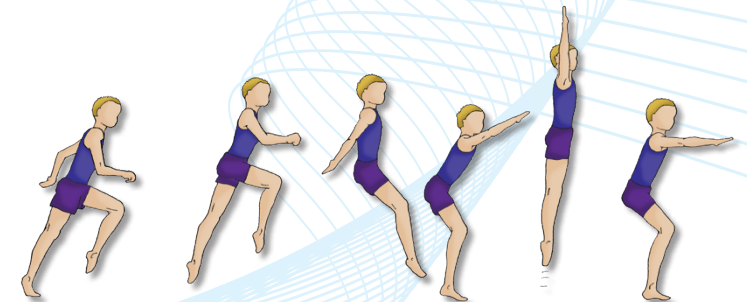


Front support with partner

5



Roll a ball or hoop, travel at its side and pick it up



Run, hurdle step and 2 footed rebound jump