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| **Proficiency Awards Individual Charts** | **Gymnast Name:** |

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| **8** |  | **7** |  | **6** |  | **5** |  |
| **Run on the spot for 30 seconds** |  | **Run freely for 45 seconds** |  | **Follow my leader in pairs using different actions for 1 minute** |  | **Leap from 1 foot to the other** |  |
| **Shapes tuck, pike, straddle sitting and star & stretch** |  | **Bent leg dish** |  | **Dish and arch** |  | **Japana to 45°** |  |
| **Front and back support** |  | **Back support raising 1 leg at a time toward the vertica*l*** |  | **Press up forwards and** **backwards** |  | **Move sideways from dish to arch**  |  |
| **Jump I and out of a hoop** |  | **Stand and jump to safe landing** |  | **Hop jump, hop jump along the floor** |  | **Hop, step and jump** |  |
| **Transfer weight from one foot to the other** |  | **1 foot balance on bench or box top** |  | **Piked V-sit with hand support** |  | **T-balance** |  |
| **From crouch, bunny hop** |  | **From front support jump in and out** |  | **Travelling bunny jumps** |  | **Bunny jumps over a bench from side to side** |  |
| **Rock backwards and forwards in tuck** |  | **Rock backwards and forwards in pike and straddle** |  | **Rock backwards and forwards tucked to stand** |  | **Tucked forward roll down an incline** |  |
| **Matched and mirrored sequence of arm movements** |  | **Front and back support, lower to the floor with control** |  | **Side support on 1 arm, turn slowly to the other** |  | **Front support with partner** |  |
| **Ribbons Explore patterns using or scarves** |  | **Bounce and catch a ball 3 times** |  | **With a partner, roll and catch a ball or hoop** |  | **Roll a ball or hoop, travel at its side and pick it up** |  |
| **Walk forwards along a bench on tiptoes** |  | **Walk forwards along a bench and full turn in the middle** |  | **Walk backwards along a bench and full turn in the middle** |  | **Run, hurdle step and 2 footed rebound** |  |
| **Passed Date** |  | **Passed Date** |  | **Passed Date** |  | **Passed Date** |  |
| **Coach Signature** |  | **Coach Signature** |  | **Coach Signature** |  | **Coach Signature** |  |

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| **4** |  | **3** |  | **2** |  | **1** |  |
| **Skip for 30 seconds** |  | **Skip for 45 seconds** |  | **6 shuttle runs** |  | **10 shuttle runs** |  |
| **Low lunges with both legs – forwards and sideways** |  | **Japana flat** |  | **Bridge** |  | **Splits** |  |
|  **Shoulder stand with hips supported** |  | **Headstand with knees bent and lower into frog** |  | **Half lever with 1 foot only raised change legs** |  | **Half lever or straddled half lever**  |  |
| **Cat leaps 2 times, each leg** |  | **Tuck jump** |  | **Jump half turn** |  | **Jump full turn** |  |
| **Frog balance** |  | **Headstand with knees bent** |  | **Headstand** |  | **Moving toward handstand using apparatus** |  |
| **Straddle bunny jumps across a bench side-to-side** |  | **Cartwheel** |  | **Cartwheel quarter turn off a bench** |  | **Change leg handstand** |  |
| **Tucked backward roll down an incline** |  | **Forward roll** |  | **Backward roll** |  | **Handstand forward roll** |  |
| **Chassis steps with arm swing facing a partner** |  | **Teddy bear roll – back to back with partner** |  | **Counterbalance** |  | **Matched and mirrored sequence – to include roll, jump and balance** |  |
| **Hoola hooping** |  | **Throw, jump and catch hand apparatus** |  | **Single knee balance, throw and catch apparatus** |  | **Throw hand apparatus, perform a leap, catch and perform a balance** |  |
| **From box top – star jump to safe landing** |  | **Squat on box top and stretch jump off** |  | **Squat on box top and tuck jump off** |  | **Straddle on box top and straddle jump off** |  |
| **Passed Date** |  | **Passed Date** |  | **Passed Date** |  | **Passed Date** |  |
| **Coach Signature** |  | **Coach Signature** |  | **Coach Signature** |  | **Coach Signature** |  |