



# proficiency awards



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



Jump in and out of a hoop



Transfer weight from 1 foot to the other



From crouch, bunny jump



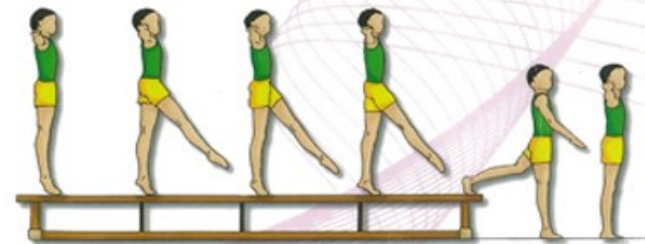
Rock backwards and forwards in tuck



Matched and mirrored sequence of arm positions



Explore patterns using ribbons or scarves



Walk forwards along a bench on tiptoes

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