

GYMTASTIC STICKER CHART



Award 1			
3 travelling bunny jumps		Pencil roll - 4 rotations	
V - sit (3s)		One foot balance (3s)	
Front support (3s)		Straight jump to land	



Award 2	
Floor skills	
Forward roll (incline)	
Backward roll (incline)	
45° handstand against wall	
Vault skills	
Straight jump from 60cm	
Bars skills	
Tuck hang (10s)	
Hold support on low bar (10s)	
Beam skills (Girls only)	
Walking forward on high beam	
P-bars skills (Boys only)	
Hold Arch support (10s)	



Award 3	
Floor skills	
Forward roll to stand	
Backward roll to stand	
Kick to handstand	
Cartwheel	
Vault skills	
Straight jump from springboard	
Bars skills	
Sideways walking in hang	
Forward circle from support	
Beam skills (Girls only)	
Walking backward on high beam	
P-bar skills (Boys only)	
Tucked half lever (10s)	





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AWARD
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Award 4	
Floor skills	
Bridge	
Forward roll to straddle stand	
One handed cartwheel	
Vault skills	
Straight jump to block (60cm)	
Bars skills	
5 fish swings	
Chin up circle	
Beam skills (Girls only)	
Cat leap	
Arabesque (3 seconds)	
P-bars skills (Boys only)	
Walk forward in support	
8 small swings in arch	

Award 5	
Floor skills	
Bridge one leg raised	
Handstand forward roll	
Jump full turn	
Vault skills	
Handspring flatback (80cm)	
Bars skills	
Cast to 45° from support	
Straddle undershoot	
Beam skills (Girls only)	
Tuck jump	
Round off dismount	
P-bars skills (Boys only)	
Walk backward in support	
Feet on, front dismount	

Award 6	
Floor skills	
Bridge kickover	
Straight arm backward roll	
Round off	
Vault skills	
Squat on, jump off (80-100cm)	
Bars skills	
8 swings with regrasp	
Cast back hip circle	
Beam skills (Girls only)	
Half spin	
Cartwheel on floor beam	
P-bars skills (Boys only)	
L - hold (3 seconds)	
Dip to 90° elbow bend	



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Award 7	
Backward walkover	
Standing backflip on fast track or down incline	
Handspring from block	



Award 8	
Round off backflip on fast track or from block	
Tuck front somersault on fast track / springboard	
Handspring on floor / air mat	
Free cartwheel from springboard or low platform (30cm)	

