## **GYMTASTIC STICKER CHART**



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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			

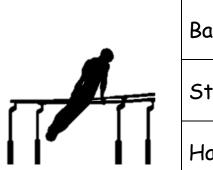
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Award 5						
Floo	Floor skills					
Bridge one leg raised						
Handstand forward roll						
Jump full turn						
Vault skills						
Handspring flatback (80cm)						
Bars skills						
Cast to 45° from support						
Straddle undershoot						
Beam skills (Girls only)			1			
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			



## **GYMTASTIC STICKER CHART**





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





## 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)