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PRIMER GYMNASTICS Grade 1 (Red)

Assistance may be given if required

To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Bench work and Warm up sections

Or

To accurately measure outcomes, this scheme can be used with the Gymnastics Functional Index. A minimum GFI score of 24 is recommended to complete the grade

Floor Skills

- 1) Lying on back, show Tuck and Star shape
- 2) Bunny hop jump
- 3) Jump up high stretching upwards
- 4) Hopping on one leg then the other
- 5) Lie on back with legs tucked in towards tummy and rock
- 6) Sideways roll on floor or down slope (Log roll)
- 7) Jump up and down x 5
- 8) Skipping around the room
- 9) Jump over a bean bag or small obstacle
- 10) Jogging on spot for 5 seconds
- 11) **Hand Apparatus**
Make patterns with scarves or ribbons whilst lying, sitting or standing
- 12) **Bench Work**
Slide along bench, either sitting or lying on back, with support if needed
- 13) **Warm Ups**
Join in a warm-up involving the parachute

Date passed