



# WINSTRADA

## PRIMER GYM AWARD THREE (BLUE)

*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

### **Floor Skills:**

- Lying on front, pull to slide up a sloped bench
- Throw a ball, let it bounce and then catch it
- Balance on one foot for 10 seconds
- Sideways roll on floor (log roll) keeping body straight
- Forward roll on floor or slope
- Show Dish and Arch position
- Squat shape landing on knees on a vault or soft shape with support
- Throw bean bag at a target
- Hold onto bar and swing forwards and backwards
- Hold onto bar in tuck position for 3 seconds

**Hand Apparatus:** Throw ball to a partner

**Bench Work:** Jump from bench with controlled landing

**Warm Ups:** Join in action songs with hand apparatus