



WINSTRADA

PRIMER GYM AWARD ONE (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

Floor Skills:

- Lying on back, show Tuck and Star shape
- Bunny hop jump
- Jump up high stretching upwards
- Hopping on one leg then the other
- Lie on back with legs tucked in towards tummy, and rock
- Sideways roll on floor or down slope (Log roll)
- Jump up and down x 5
- Skipping around the room
- Jump over a bean bag or small obstacle
- Jogging on spot for 5 seconds

Hand Apparatus: Make patterns with scarves or ribbons whilst lying, sitting or standing

Bench Work: Slide along bench, either sitting or lying on back, with support if needed

Warm Ups: Join in a warm up involving the parachute