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## Winstrada

### PRIMER GYMNASTICS Grade 2 (Yellow)

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 28 is recommended to complete the grade

#### Floor Skills

- 1) Sitting on floor, show Tuck, Pike and Star shape
- 2) Jump onto a higher surface with support as required
- 3) Tuck roll - feet to contact floor when rocking forwards
- 4) Jump from a low shape, stop and stillness
- 5) Running and change direction
- 6) Balance on one leg for 8 seconds
- 7) With hands on floor, hop on one leg
- 8) Balance bean bag on two parts of the body (lying, sitting or standing)
- 9) Balance on one hand and two feet, or one foot and two hands
- 10) Hold onto bar and, with support, touch both feet on the bar
- 11) **Hand Apparatus**  
Sit with legs apart, roll ball to partner
- 12) **Bench Work**  
Lying on front, pull and slide forwards or backwards along bench
- 13) **Warm Ups**  
Join in action songs whilst lying, sitting or standing

Date passed