

## **JNB AWARD SCHEME PROGRESS CHART**

Gymnasts Name: \_\_\_\_\_\_ Session: \_\_\_\_\_

Level	Skills										Pass Date	Coach
8	Run on the spot for 30 seconds	Fun shapes	Front and back support	Jump in and out of a hoop	Transfer weight from one foot to the other	From crouch bunny jump	Rock backwards and forwards in tuck	Matched and mirrored sequence	Explore patterns using ribbons or scarves	Walk forwards along a bench on tiptoes		
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7	Run freely for 45 seconds	Bent leg dish	Back support raising one leg at a time	Stand and jump to safe landing	1 foot balance on bench or box	From front support, jump in and up	Rock bwds and fwds in straddle and pike	Front and back support, lower to the floor	Bounce and catch a ball 3 times	Walk fwds along bench, full turn in the middle		
6	Follow my leader for 1 minute	Dish and arch	Press up forwards and backwards	Hop, jump, hop, jump	Piked V sit with hand support	Travelling bunny hops	Rock bwds and fwds tucked to stand	Side support on one arm, turn slowly to other	With partner, roll and catch a ball or hoop	Walk bwds along a bench, full turn in middle		
5	Leap from 1 foot to the other	Japana to 45	Move sideways from dish to arch	Hop, step and jump	T balance	Bunny hops over a bench	Ticked fwd roll down an inccline	Front support with partner	Roll ball or hoop, run at its side, pick it up	Run, hurdle step, 2 footed rebound jump		
4	Skip for 30 seconds	Low lunges, forwards and sideways	Shoulder stand with hips supported	Cat leaps, 2 each leg	Frog balance	Straddle bunny jumps over a bench	Tucked bwd roll down and incline	Chassis staps with partner	Hoola hooping	From box, star jump to safe landing		
3	Skip for 45 seconds	Japana flat	Headstand with knees bent, lower to frog	Tuck jump	Tucked Headstand	Cartwheel	Forward roll	Teddy bear roll with partner	Throw, jump and catch hand apparatus	Squat on box, stretch jump off		
2	6 shuttle runs	Bridge	Half lever with one foot raised, both legs	Jump half turn	Headstand	Cartwheel ¼ turn off bench	Backward roll	Counter balance	Single knee balance, throw and catch	Squat on box, tuck jump off		
1	10 shuttle runs	Front or side splits	Half or straddle lever	Jump full turn	Moving toward handstand with apparatus	Change leg handstand	Handstand forward roll	Matched and mirrored sequence	Throw, leap, catch, balance	Straddle on box, straddle jump off		