HAREFIELD GYMNASTICS & DANCE BADGE AWARDS

NAME:

CLASS:

	Roll Strength	Forward rolls	Backward rolls	Headstands *all to be held for 5secs	Handstands	Cartwheels	Bridges	Jumps	Trampoline	Vault	Beam	Acro *all to be held for 5secs
8	From sitting, roll backwards	Supported forward roll down high slope	Supported sticky hand prints	Headstand starting position with visual aids	Spider walks (half a length)	Bunny hops over low beam	Seal stretch with straight arms	Jumping two feet together on floor x 5 in a row	Jumping two feet together x 5 in a row	High bunny hops x 3 in a row	Walking forwards along low beam	Counter balance in straddle sit
Date												
7	From sitting, roll backwards & forwards	Unsupported forward roll down high slope	Unsupported sticky hand prints	Headstand starting position without visual aids	Bunny hops (half a length)	Bunny hops over bench	Bridge on slope	Jumping jacks on floor x 5 in a row	Star jumps x 5 in a row	Bunny hops onto low box top x 3 in a row	Walking side ways along low beam	Long bunk beds
Date												
6	From sitting, roll backwards and forwards to stand (hands allowed)	Forward roll down low slope (hands allowed)	Supported backward roll down high slope	Headstand with one foot off	One legged bunny hops (half a length)	Mini cartwheel over box top	Bridge on the floor	Straight jump off springboard	Tuck jumps x 5 in a row	Standing squat on to mid box top	Walking backwards on low beam	Stacked bunk beds
Date												
5	From sitting, roll backwards & forwards to stand (no hands allowed)	Forward roll down low slope (no hands allowed)	Unsupported backward roll down high slope to feet	Wall assisted tuck headstand	Walk up to handstand against the wall	Mini carthweel with visual aids	Competition bridge on floor	Star jump off springboard	Seat drop x 5 in a row	Squat onto to vault (knees allowed)	Step kicks along high beam	Standing on kneeling
Date												
4	From standing, roll backwards & forwards to stand (no hands allowed)	Forward roll on floor (hands allowed)	Supported backward roll down low slope to feet	Unassisted tuck headstand	Kick to half handstand	Mini cartwheel without visual aids	Bridge with one leg raised (achieve on both legs)	Tuck jump off springboard	Straddle jumps x 5 in row	Squat onto vault (must land on feet)	Step dips along high beam	Pike hold on knees with hands on legs
Date												
3	From standing, roll backwards & forwards to straddle stand	Forward roll on floor (no hands allowed)	Unsupported backward roll down low slope to feet	Wall assisted straight headstand	Kick to full handstand	Cartwheel with straight legs	Bridge walks (half a length)	Straddle jump off springboard	Pike jumps x 5 in row	Straddle onto vault	Step one foot stand along high beam	Supported stag handstand
Date												
2	10 supported sit ups in a row	Forward roll straddle stand down low slope	Backward roll to feet on floor	Unassisted straight headstand	Kick to full handstand hold	Cartwheels in a row (full length)	Bridge hops (achieve on both legs)	Pike jump off springboard	Straight immediate half turn x 3 in a row	Straddle over vault	Step one foot turn on high beam	Counter balance on squat
Date												
1	10 unsupported sit ups in a row	Foward roll straddle stand on floor	Backward roll to straddle stand (straight legs throughout)	Straddle up to straight headstand	Handstand walks (half a length)	One handed cartwheel	Bridge kickover down low slope	Half turn jump off springboard	Straight immediate full turn x 3 in a row	Sqaut through	Forward roll on beam	Baby balance
Date												
Bronze	From standing, roll backwards & forwards to stand on one leg	Forward roll pike stand down low slope	Backward roll to front support (straight legs throughout)	Pike up to straight headstand	Tuck up to full handstand hold	Hop cartwheel/ Round off	Bridge kick over on floor	Full turn jump off springboard	Swivel hips	Round off over vault	Cartwheel on beam	Back angel on feet
Date												
Silver	From standing, roll backwards & forwards to stand on one leg (achieve on both legs)	Forward roll pike stand on floor	Backward roll to pike stand (straight legs throughout)	Kick up to straight headstand	Straddle up to full handstand hold	Supported free cartwheel on floor	Drop back to bridge kickover/ Handstand into bridge stand up	Front somersault off springboard to piled mats	Swivel hips x 5 in a row	Supported handspring over vault	Cartwheel to arabesque on beam	Standing on shoulders down low
Date												
Gold	From standing, roll backwards & forwards to one leg hop (achieve on both legs)	Handstand forward roll to pike stand	Backward roll to handstand	Headstand push to handstand	Pike up to full handstand hold	Unsupported free carthweel on floor	Backwalkover/ Forward walkover	Front somersault off springboard to land (can be assisted)	Front/ Back drop x 3 in a row	Unsupported handspring over vault	Walkover on beam (can be assisted)	Standing on shoulders up high
Date												