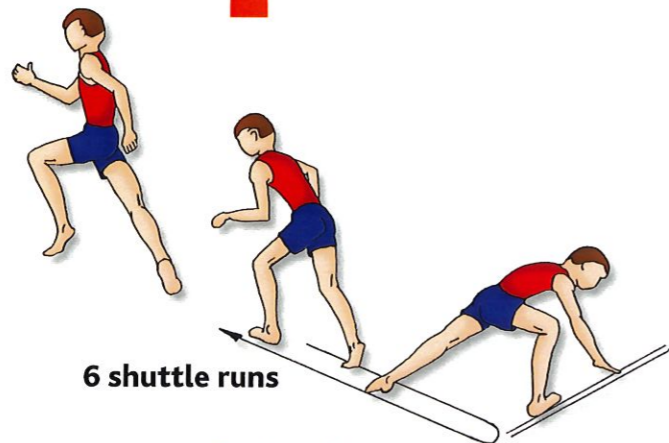


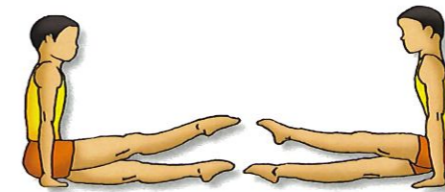
proficiencyawards



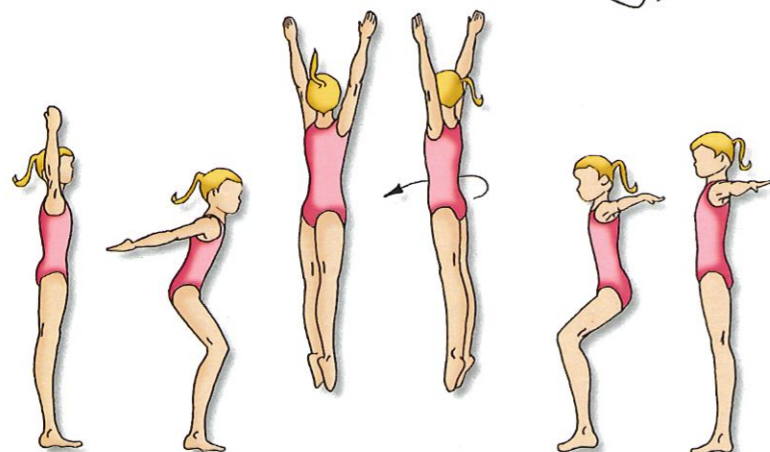
6 shuttle runs



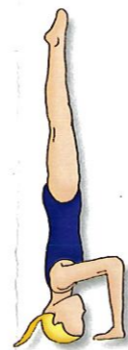
Bridge



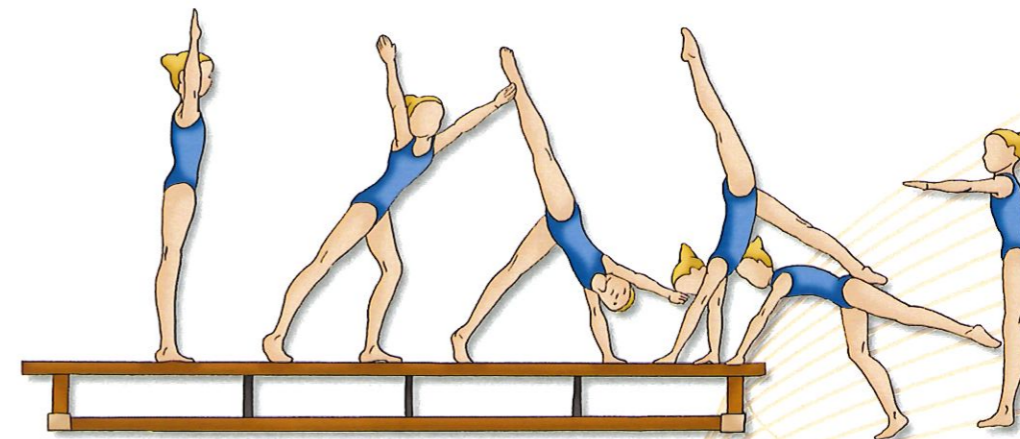
Half lever with 1 foot only raised – change legs



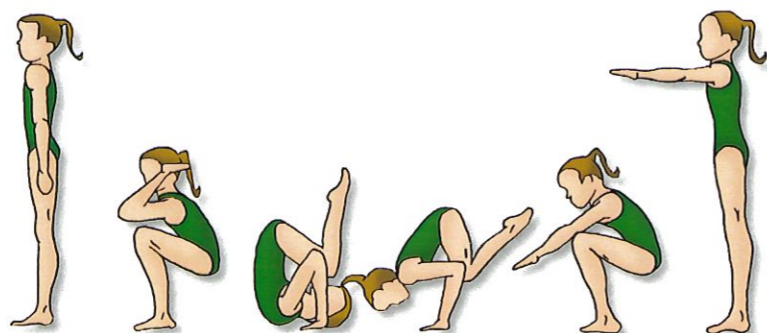
Jump half turn



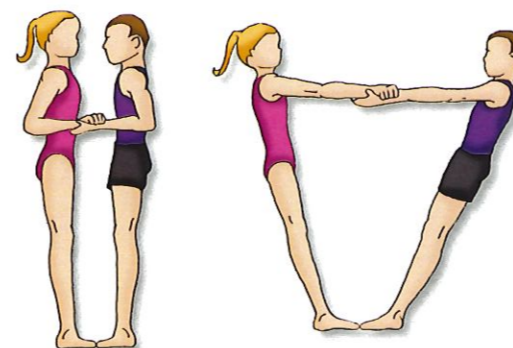
Headstand



Cartwheel quarter turn off bench



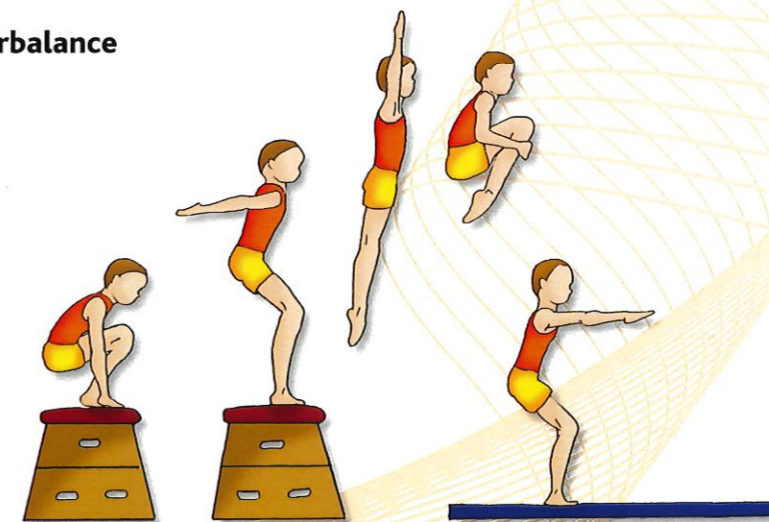
Backward roll



Counterbalance



Single knee balance, throw and catch hand apparatus



Squat on box top and tuck jump off

