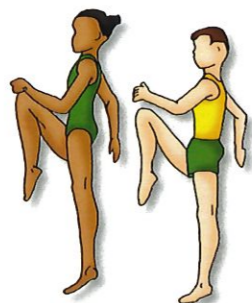


proficiencyawards



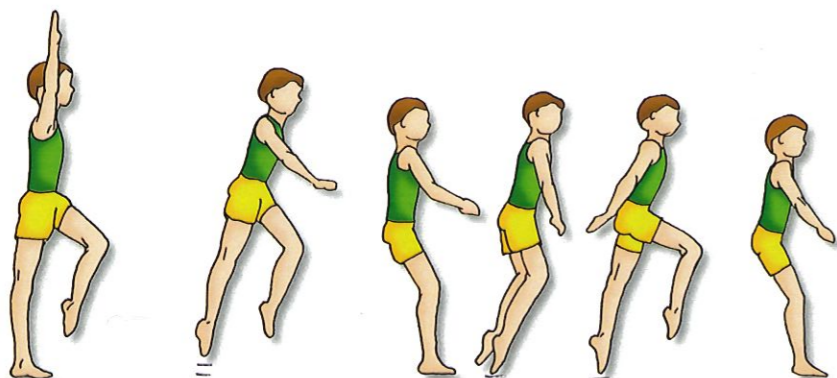
Follow my leader in pairs using different actions for 1 minute



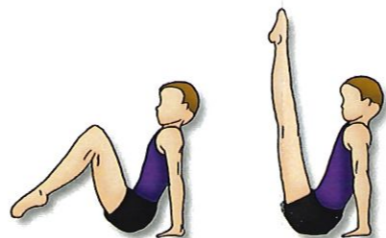
Dish and arch



Press-up forwards and backwards



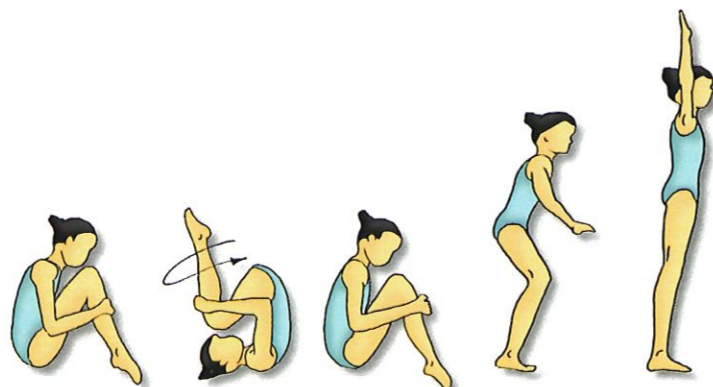
Hop jump, hop jump along the floor



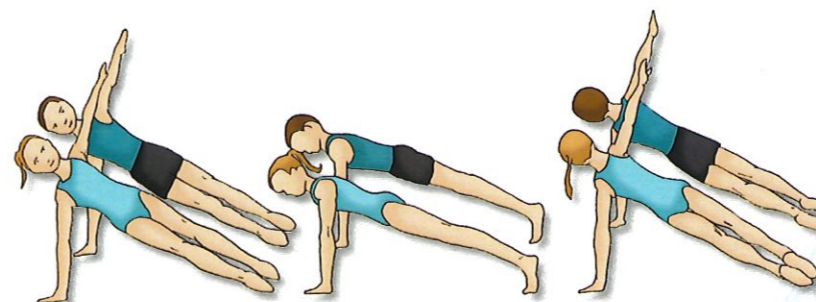
Piked V-sit with hand support



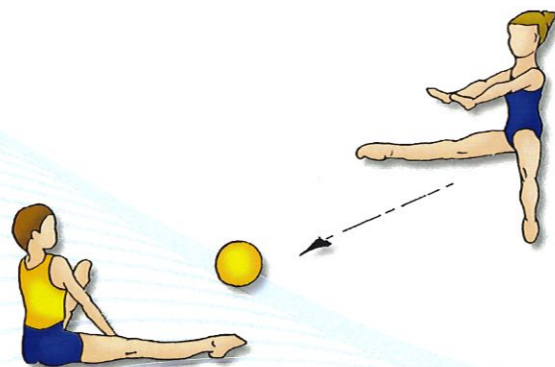
Travelling bunny jumps



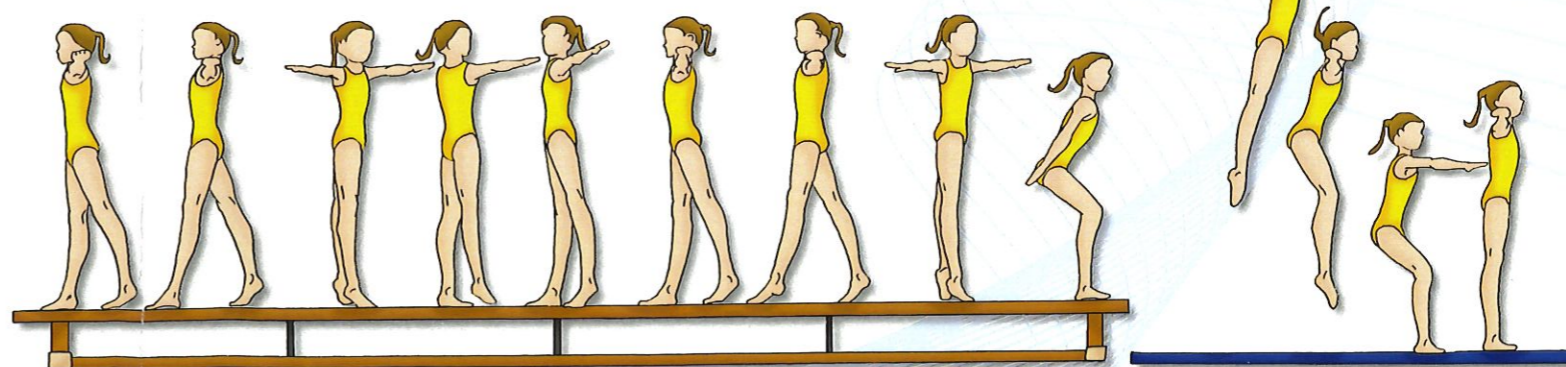
Rock backwards and forwards tucked to stand



Side support on 1 arm, turn slowly to the other



With partner, roll and catch a ball or hoop



Walk backwards along a bench and full turn in the middle