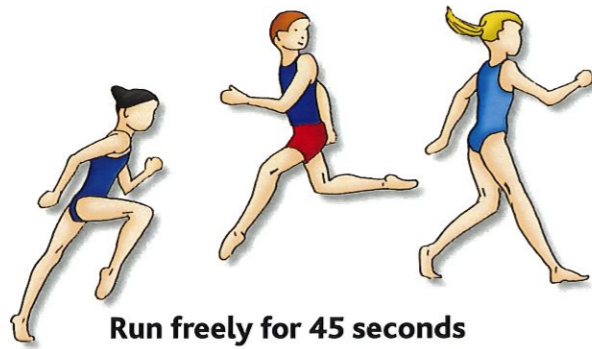


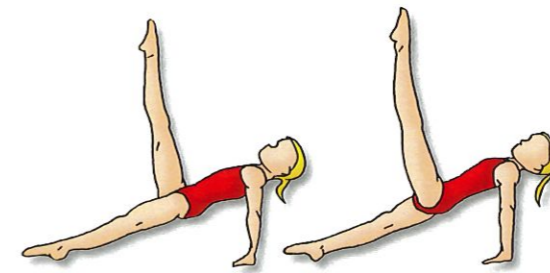
# proficiencyawards



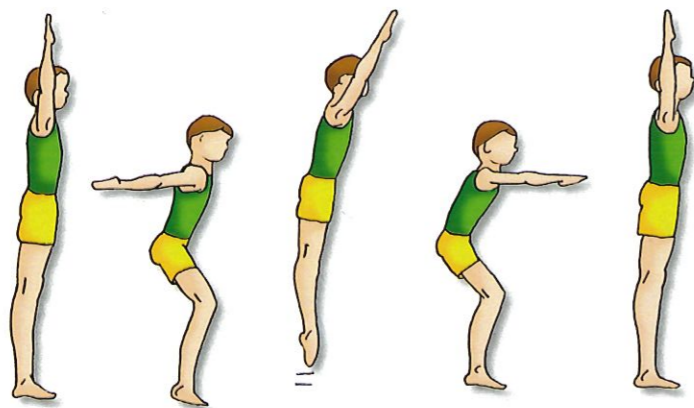
Run freely for 45 seconds



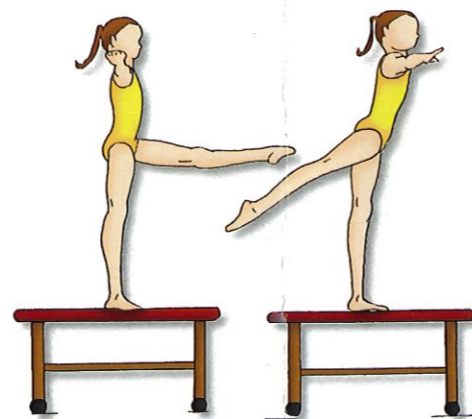
Bent leg dish



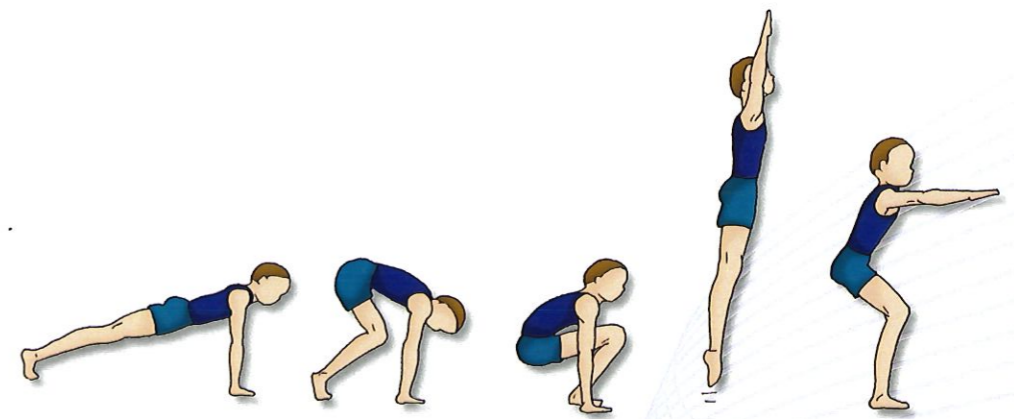
Back support raising 1 leg at a time towards the vertical



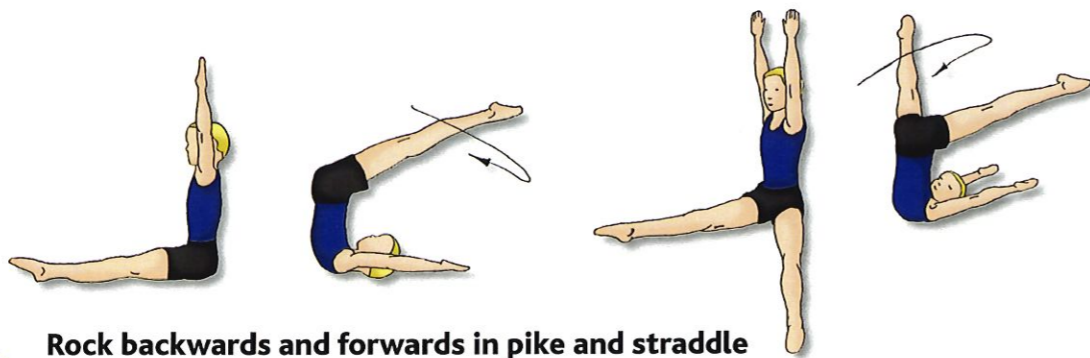
Stand and jump to safe landing



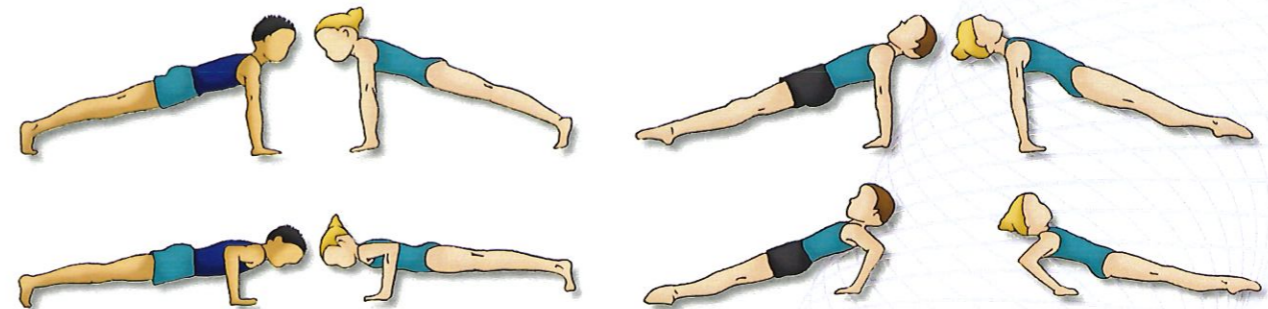
1 foot balance on bench or box top



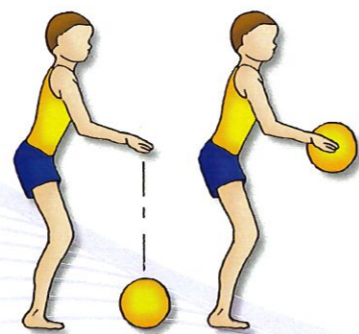
From front support, jump in and up



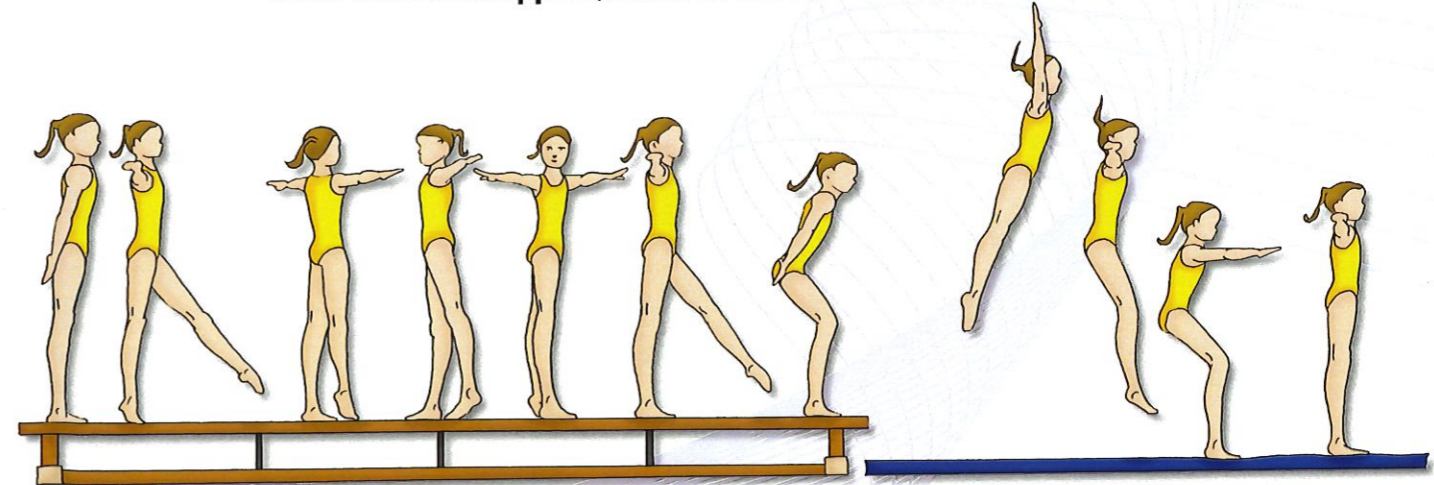
Rock backwards and forwards in pike and straddle



Front and back support, lower to the floor with control



Bounce and catch a ball 3 times



Walk forwards along a bench and full turn in the middle

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