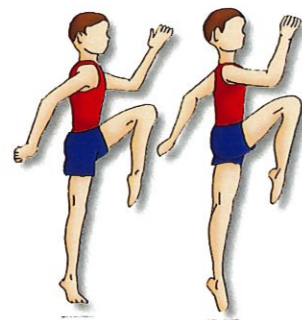
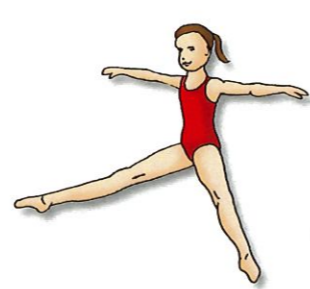


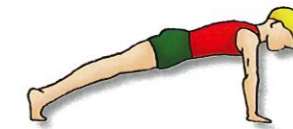
# proficiency awards



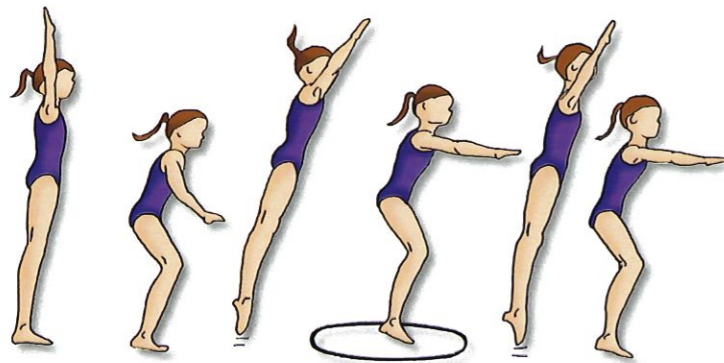
Run on the spot for 30 seconds



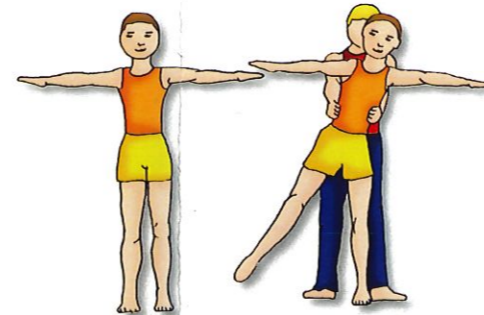
Fun gym shapes – sit in tuck, pike, straddle. Stand with tall stretch and star



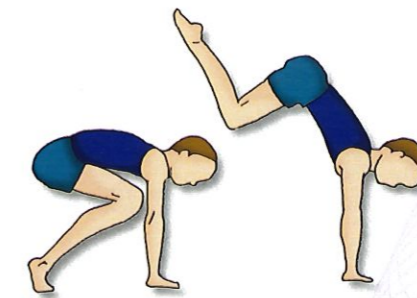
Front and back support



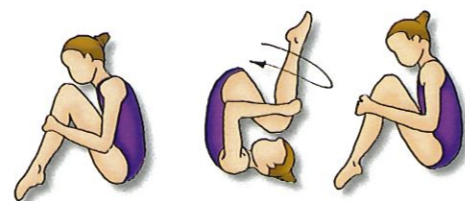
Jump in and out of a hoop



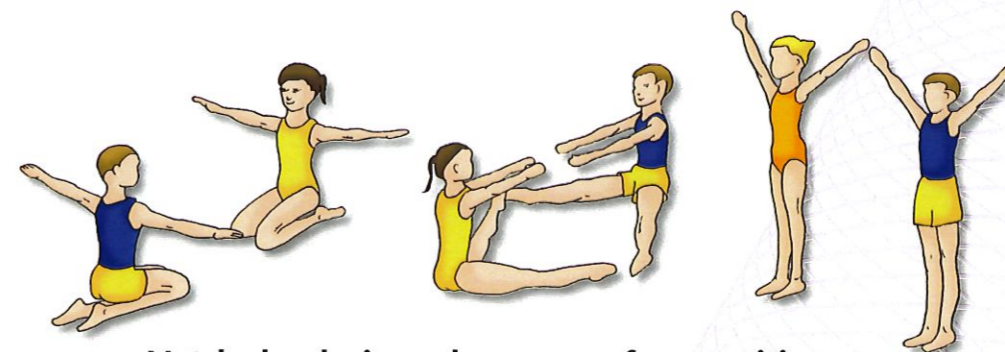
Transfer weight from 1 foot to the other



From crouch, bunny jump



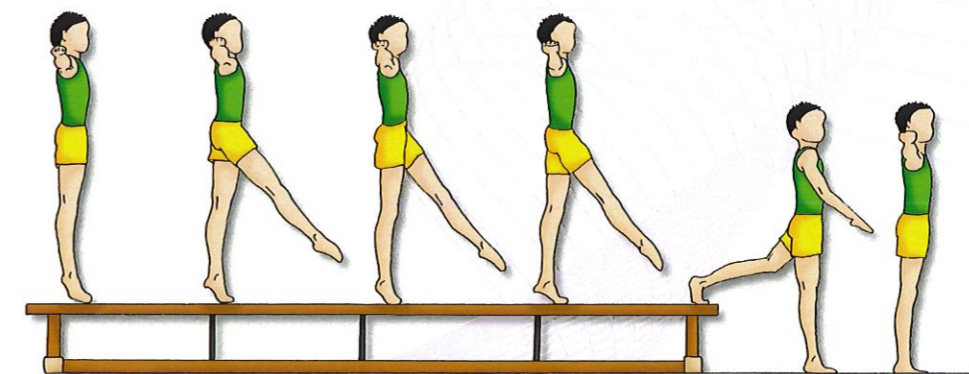
Rock backwards and forwards in tuck



Matched and mirrored sequence of arm positions



Explore patterns using ribbons or scarves



Walk forwards along a bench on tiptoes