











Click the badge title to watch the skills

		Badge 8	Badge 7	Badge 6	Badge 5
Floor 	1	Basic Shapes Straight, Star, Tuck, Pike & Straddle	High bunny hop in tuck	Tucked bunny hops over a bench with feet together	Straddled bunny hops over a bench side to side
Floor 	2	Tucked forward roll down a medium slope	Rock backwards and forwards in tuck and pike shapes to stand up	Tucked backwards roll down a medium slope to land on feet	Handstand basics: Step into H'stand and front support with feet raised
Floor 	3	Front support and back support shapes	Shoulderstand with hands on hips	Short dish and arch hold for 10 secs	3x Press ups and tricep dips
Floor 	4	Touch the floor in a straddle stand	Cat and seal stretch	Touch toes standing in pike	Low lunges forwards and sideways, both legs
Vault 	5	Straight jump on floor with a landing shape	Squat and straddle on to small block - straight jump off to land	Run and stretch jump off spring board to land on mat	Squat on vault without support
Vault 	6	Travelling bunny hops	Back arm swing off red block to bounce on springboard and land on mat	Hop, jump, hop, jump Hop scotch	10x Skipping with a rope
Beam 	7	Walk forwards, sideways and backwards along a bench	Walk forwards on a beam without support	Walk backwards and sideways on a beam	Balance with one leg raised forwards and arabesque on floor
Beam 	8	Single leg balance for 3 secs on the floor	Single leg balance for 3 secs on box top or bench	Mount a beam	Straight jump on beam
Bars 	9	Hang in straight and tuck shape	Hold in support on a single bar	Circle up with support	Dish and arch swings on high bar
Bars 	10	Travelling sideways along the bar	Circle down with support	Hang upside down on bar (with or without support)	Hanging in pike and straddle shapes for 5 secs