



proficiency awards



Skip for 30 seconds



Low lunges with both legs – forwards and sideways



Shoulder stand with hips supported



Cat leaps, 2 times, each leg



Frog balance



Straddle bunny jumps across a bench side-to-side



Tucked backward roll down an incline



Chassis steps with arm swing, facing partner

4



Hoola hooping



From box top – star jump to safe landing

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