



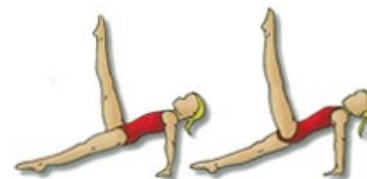
# proficiencyawards



Run freely for 45 seconds



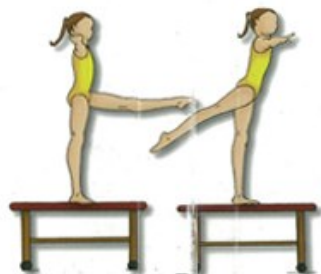
Bent leg dismount



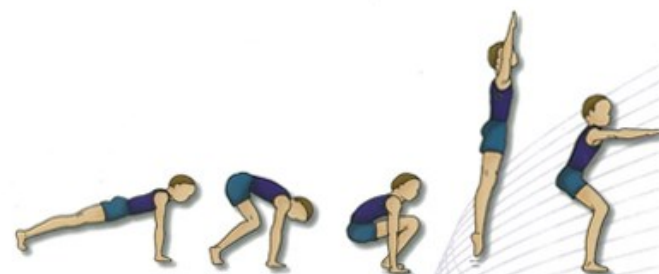
Back support raising 1 leg at a time towards the vertical



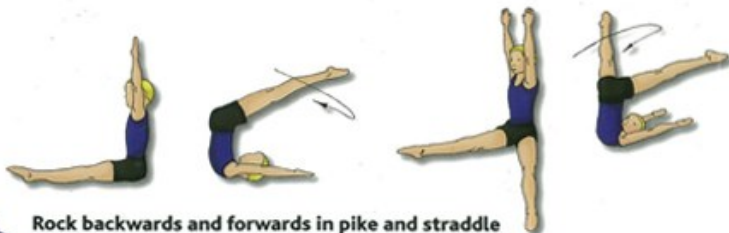
Stand and jump to safe landing



1 foot balance on bench or box top



From front support, jump in and up

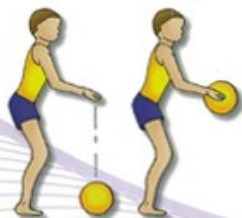


Rock backwards and forwards in pike and straddle

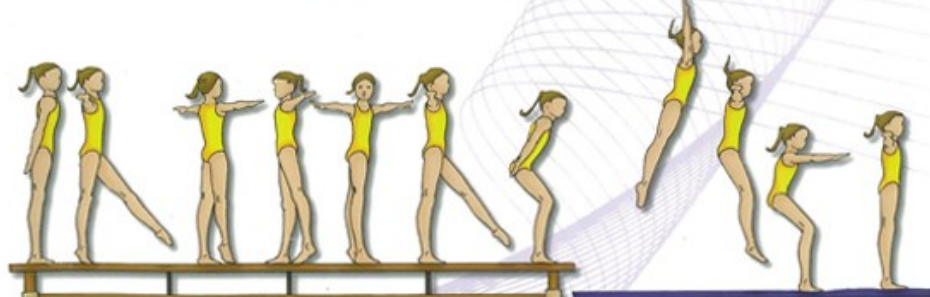


Front and back support, lower to the floor with control

# 7



Bounce and catch a ball 3 times



Walk forwards along a bench and full turn in the middle