

KD Gymnastics - Achievement Awards

LEVEL 1 pass 7/8			
1	Running on the spot - 10 Seconds		
2	Show fast running		
3	Show a landing shape		
4	Show a tuck shape on the floor		
5	Show a straddle shape on the floor		
6	Jump onto higher surface (yellow oblong)		
7	Jump from one foot to the other		
8	Land safely from red 20cm block		

LEVEL 4 pass 7/8			
1	Jump from the bench to safe landing		
2	Forwards roll down red wedge unaided		
3	Feet on yellow hump, hands on floor, move sideways along		
4	Climb wall bars safely up and down		
5	Start and stop jumps down fast track on command		
6	Tiptoe walks on bench with full turn in the middle		
7	Throw and catch a bean bag		
8	Bunny hop onto red 20cm block		

LEVEL 2 pass 7/8			
1	Start and Stop running on command		
2	Basic log roll on green mat		
3	Hop scotch, 2 feet in 2 feet out		
4	Hang on bar in tuck shape		
5	Run around cones changes in direction		
6	2 footed jumps down fast track		
7	Jump onto a higher surface (20 cm red block)		
8	Show being tall, small & wide		

LEVEL 5 pass 7/8			
1	Walk along lowest beam – unaided		
2	Patterns with ribbons left and right hand		
3	Stretch jump to landing shape on p/s spring board		
4	Log roll holding a tap stick – straight body		
5	Basic dish & arch shape – arms & legs need not be perfectly straight.		
6	Walk along medium beam with help		
7	Star jumps on fast track		
8	Roll back drop bean bag over head with feet		

LEVEL 3 pass 7/8			
1	Spider walking forwards and backwards		
2	Bunny hops across the floor		
3	Hold own body weight between two red blocks		
4	Pull body weight along a bench		
5	Walk along bench - unaided		
6	Catch a ball from the coach		
7	2 footed rebound jumps length of floor		
8	Forward roll down red wedge with help		

LEVEL 6 pass 7/8			
1	Lift legs to roll a ball down – core strength		
2	Side to side bunny hops on floor beam		
3	Walk along bench tapping side cones with feet		
4	Lift feet to bar with help		
5	Log roll on a flat surface		
6	Hands & feet crab walk ½ of floor		
7	Side steps along low beam		
8	Walk along medium beam unaided		

KD Gymnastics - Achievement Awards

LEVEL 7 pass 8/10

1	Log roll on floor in both directions L-R & R-L		
2	Throw & catch a bean bag		
3	Run backwards on hands & feet		
4	Dish shape		
5	Arch shape		
6	Front support shape		
7	Stretch jump to land from medium beam		
8	Rock and roll to sit up		
9	Explain why we warm up		
10	Explain why we cool down		

LEVEL 10 pass 8/10

1	Dish shape roll to arch shape		
2	Star jump to landing shape from beam		
3	Side steps along medium beam		
4	Roll a hoop in a line		
5	Walk backwards on bench turn in the middle		
6	Throw a ball against a wall and catch x 3		
7	Straddle mount onto 20cm red block		
8	Forward chassee steps leading R leg then L		
9	Low lunges sideways & forwards		
10	Hold front support shape on bars for 3 secs		

LEVEL 8 pass 8/10

1	Feet on higher surface 90 degrees shape hold for 3 secs		
2	Back support shape hold for 3 secs		
3	Bounce ball and catch 3 times		
4	Show star shape on bar hold for 3 secs		
5	Straight stretch jumps down fast track		
6	Rebound jumps along bench		
7	Walk feet up wall/block to basic handstand shape		
8	Walk along medium beam unaided		
9	Side to side bunny hops over yellow hump		
10	Sideway chassee steps leading with one leg then the other		

LEVEL 11 pass 8/10

1	Small rebound jumps along beam		
2	Side to side bunny hops over bench		
3	One leg balance on medium beam hold for 3 secs		
4	Forward roll to stand in stretch		
5	Cast 3 x on bar with support		
6	Bunny hops along beam		
7	Backward roll down red wedge no support		
8	Side support to front support moving to side support on other side		
9	Kick up towards handstand		
10	Sit ups x 5		

LEVEL 9 pass 8/10

1	Hold straddle shape on bar for 3 secs		
2	Tuck jump dismount to land from beam		
3	Back support raising one leg		
4	Front support jump feet in & out x 5		
5	Low kicks along length of beam		
6	Rock and roll from standing to stand		
7	Using a bench stand sit stand sit x 10 arms in front		
8	Forward roll to stand down green log roll mat		
9	Backward roll down red wedge with support		
10	Rock from heels to toes x 10		

LEVEL 12 pass 8/10

1	Lunges forwards and sideways stretching towards splits		
2	Hold arabesque on floor for 3 secs		
3	Hop, step jump to 2 feet		
4	Hold pike shape on bar for 3 secs		
5	Hang on low bar roll feet backwards through arms		
6	Step off bench onto spring board jump into landing shape		
7	tuck jump, forward roll star jump sequence		
8	Hang walks along bars (monkey along)		
9	Cast on bar x 3 unaided		
10	Headstand against a block for support		

KD Gymnastics - Achievement Awards

LEVEL 13 pass 8/10		
1	Backward roll down small incline (green mat/springboard)	
2	Cat leaps x 2 on each leg	
3	Push to basic bridge shape (at least head off floor)	
4	Bunny hop mount onto 2 x 20cms red blocks	
5	Shoulder stand with support	
6	Tuck jump on floor to landing shape	
7	Front support shapes with a partner	
8	Japana to 45 degrees	
9	Straddle jump dismount on beam	
10	Forward circle with support on bars	

LEVEL 15 pass 8/10		
1	Handstand against a mat legs in straddle (cartwheel prep)	
2	3 tuck swings on bar release to landing shape	
3	Kick to full handstand, no need to hold	
4	Straddle onto blue block from blue springboard	
5	Straddle mount onto bench	
6	Headstand with legs straight	
7	Backward roll to pike stand	
8	Cartwheel with support	
9	Squat onto blue vault with blue springboard	
10	Chin up circle over using a block to kick up and coach support	

LEVEL 14 pass 8/10		
1	Run, hurdle step 2 footed rebound jump	
2	Backward roll to feet unaided	
3	Cast off bar to dismount on red block	
4	Forward circle on bar feet to drop to floor	
5	Counter balance with partner	
6	Headstand with legs bent	
7	Full handstand with coach support	
8	T balance	
9	Jump ½ turn on floor	
10	Dip steps to high kick on beam	

LEVEL 16 pass 8/10		
1	Forward circle on bar to pike hold	
2	Cartwheel	
3	Handstand to hold for 3 secs	
4	Pike jump from high beam to landing shape	
5	½ turn on tiptoes on beam	
6	Single knee balance leg to side hold for 3 secs	
7	Handstand forward roll onto 20 cm red block	
8	Shoulder stand with no coach support, hands supporting hips	
9	Jump half turn on bench	
10	Bridge - Hold 7 Seconds straight legs	

KD Gymnastics - Achievement Awards

LEVEL 17 pass 8/10		
1	Chin up circle over with coach support	
2	Handstand Forward roll (bent arms)	
3	Jump to squat on beam from red block	
4	Cartwheel ¼ turn on floor	
5	Forwards roll onto 60cm block from springboard	
6	Reach down wall bars backwards to 3 bars down	
7	Jump full turn	
8	2 consecutive cartwheels	
9	Arabesque balance on beam - Leg above horizontal hold 7sec	
10	Cast to squat on bar with support	

LEVEL 19 pass 8/10		
1	One handed cartwheel	
2	Chin up circle over with no support	
3	half spin on one foot on beam	
4	Chasse Catleap Chasse Split Leap to land in arabesque	
5	Bridge kickover from 1 x 20 cm block	
6	Cast to squat on bar	
7	Dive cartwheel over the yellow block (Aerial prep)	
8	Forward roll to star jump to backward roll	
9	Back hip circle on bar with support	
10	5 x press ups (Chest to floor beam)	

LEVEL 18 pass 8/10		
1	Basic straddle lever on beam	
2	Cartwheel ¼ turn off bench	
3	Chasse Split leap to land in arabesque	
4	Full Spin on floor	
5	Handstand to bridge	
6	Bridge kickover from 2 x 20cm red blocks	
7	Chin ups x 5 on bar with some support	
8	Back bend to bridge	
9	Straddle vault over blue vault with blue spring board	
10	Cast to straddle on bar with support	

LEVEL 20 pass 8/10		
1	Backward roll to front support	
2	Round off dismount off beam	
3	3 x leg lifts on high bar	
4	Bridge kickover from flat surface	
5	Splits	
6	Cast to straddle on bar no support	
7	Back hip circle on bar without support	
8	10 x burpees	
9	Backwards pull over on trampoline	
10	Squat on - Handstand flat back onto level matting	