

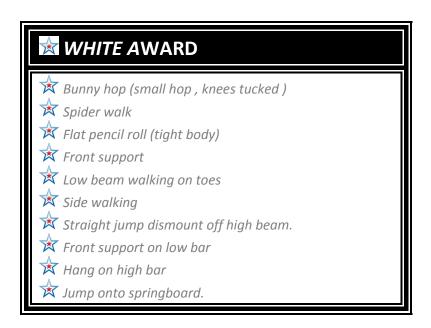
School Awards



AWARD SCHEME FOR SCHOOLS PROGRAMME

Our Schools Program has been specifically designed and developed to be implemented over an 8 week session. Ideally, if schools have a long term view on the benefits of gymnastics, each child will be able to progress through the colour coded system from Junior Infants through to 6^{th} Class.

We have eight awards which are colour coded, beginning with White, Yellow, Orange, Red, Blue, Green, Brown and Gold and will be accompanied with a Award Certificate of the same. There are 10 elements for each award, and each gymnast must pass 8/10 elements to earn a pass rate. There are 2 BONUS marks to be earned, 1 mark for excellence and 1 mark for hard work. Gold is the only award scheme with two routines, one for Floor and one for Beam.





🛣 ORANGE AWARD

- Back support to front support
- Forward roll to pike sit
- 🔀 Squat on from spring board to 60 cm box
- 🔀 Jump 1/2 turn
- 🕱 Star jump
- Steps for cartwheel
- 💢 Walking on high beam
- 🔀 Cast off low bar
- Chin hold position on bar
- Shoulderstand.

RED AWARD

- Forward roll to straddle sit
- 💢 Shoulder roll / teddy roll
- 🔀 Handstand prep
- 🔀 Basic cartwheel
- X Small cast on bar
- Front support roll out
- **Fish swings**
- 🔀 Walking on toes front and side on high beam
- 🔀 Star jump dismount on beam
- 🕱 Straddle on low box

GREEN AWARD

- Pike sit touch toes
- 💢 Forward roll to stand up
- 💢 Side roll
- 🔀 Back roll on foam wedge
- **Cartwheel**
- 🔀 Handstand with support or against wall
- 💢 Arabesque
- **Rebound** jumps
- 💢 Bunny hops on beam
- 🔀 One leg balance on beam

