

personalachievementchart

Name.....

Bronze

Bronze

achieve **any 6 out of the 8 activities** listed below **date** **signature**

Tuck and star jumps - bench or beam		
Forward roll to sit - bench or beam		
Y scale or arabesque (3 seconds) - bench or beam		
Consecutive rebound jumps - bench or beam		
From the floor, jump to support on any apparatus x 5		
Jump to support and rotate forwards to hang underneath		
In long hang, kick from dish arch x 5		
In long hang, perform a series of half turns along a bar		

Silver

Silver

achieve **any 6 out of the 8 activities** listed below **date** **signature**

Jump or spin with half turn		
Half lever or straddled half lever (3 seconds)		
Backward roll to shoulder stand, roll forwards to stand		
Kick towards handstand and return to stand		
From front support, swing the legs forwards then backwards to dismount x 3		
In support, travel around or along any apparatus		
In long hang on a bar, small swings backwards and forwards x 2		
In inverted hang on a bar, swing backwards and forwards in either tuck, pike or straddle x 3		

Gold

Gold

achieve **any 6 out of the 8 activities** listed below **date** **signature**

Headstand		
Forward roll		
Cartwheel		
Jump or spin with full turn		
In support, swing backwards and forwards x 3		
From front support, turn to back support and return		
Glide swing on a low bar		
In long hang, swing forwards and half turn to land safely		