

WINSTRADA

Development and Award programmes

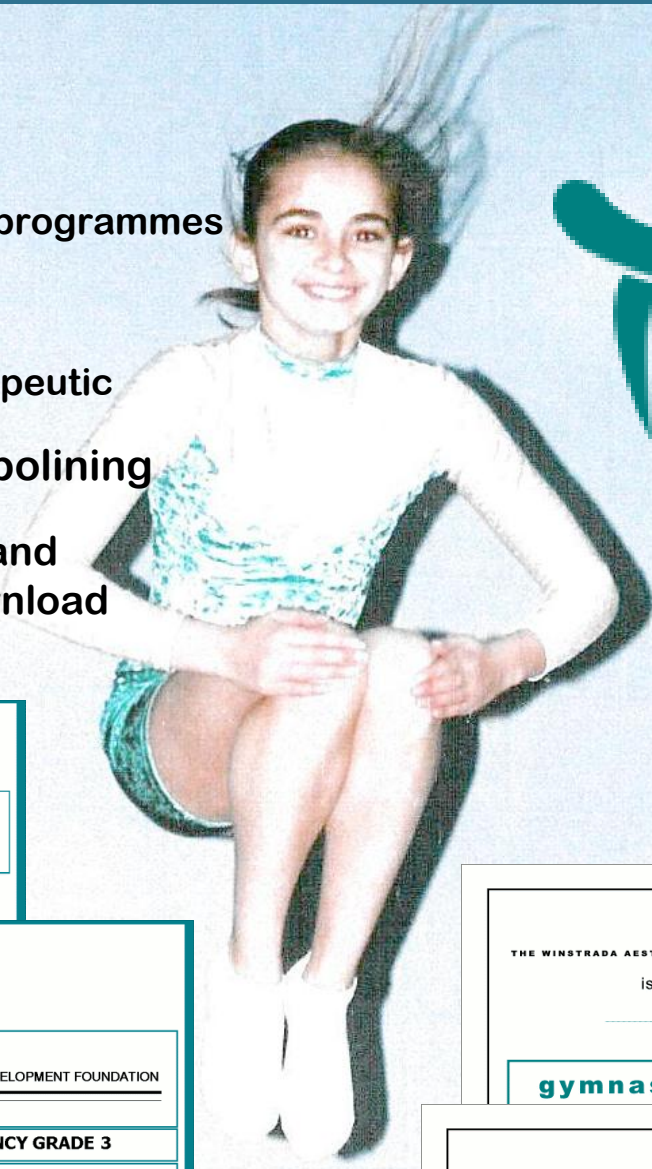
for

Recreational and Therapeutic

Gymnastics and Trampolining

Class record sheets and wall posters free to download from the website

Badges and certificates to award for the achievement of each grade



WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

REBOUND EXERCISES GRADE 1

- ALL MOVEMENTS MUST BE PERFORMED WITH THE FOLLOWING CHARACTERISTICS:
- ~ LIES OR SITS ON STOMACH
 - ~ ENJOYS BEING BOUNCED
 - ~ ENJOYS MOVEMENT
 - ~ ENJOYS ROCKING
 - ~ BEING BOUNCED IN AIR
 - ~ DIFFERENTIATES BETWEEN BOUNCES
 - ~ WAITS PATIENTLY FOR TURN
 - ~ MAINTAINS EYE CONTACT
 - ~ SHOW AND HOLD POSITION
 - ~ ANTICIPATES CALL

WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

GYMNASTICS PROFICIENCY GRADE 3

MINIMAL ASSISTANCE MAY BE GIVEN IF REQUIRED (AWARDS 1-3 ONLY).
TO GAIN THE AWARD, COMPLETE 8 OF THE SKILLS BELOW

- ~ BALANCE ON BACK IN
- ~ BUNNY HOPS INTO AIR
- ~ BALANCE ON TUMMY
- ~ ROLL FORWARDS FROM
- ~ ROCK BACKWARDS FROM
- ~ FRONT SUPPORT, JUMP
- ~ HULA HOOP.
- ~ ACTION SONG TO MUSIC
- ~ AT LEAST 3 SKIPS OVER
- ~ LINK A JUMP, A ROLL

NAME	BALANCE ON BACK IN	BUNNY HOPS INTO AIR	BALANCE ON TUMMY	ROLL FORWARDS FROM	ROCK BACKWARDS FROM	FRONT SUPPORT, JUMP	HULA HOOP	ACTION SONG TO MUSIC	AT LEAST 3 SKIPS OVER	LINK A JUMP, A ROLL
JOE STEVENS										
ANSON TWHMAN										
NATHALIE DURK										
PAUL SIMMONS										
GARY NASH										
FIONA HILLS										
TAMELA PALMER										
SOPHIE BAISER										
JORDAN HILLING										
CHRISTOPHER WHITE										
VALEKIE SMITH										
DIANE MOGAN										
SUSAN HUMPHRIES										
PETER SLAVAK										
ANU SIMON										

SECTION A - COMPLETE ALL SKILLS
 Jumping with arm movements.
 Tuck jump.
 Half twist jump.
 SECTION B - COMPLETE 3 SKILLS
 Straight jump and stop.
 Star jump.
 3 bunny hops from hands and knees position.
 Seat drop, not returning to feet.
 ROUTINE:
 Tuck jump, 1/2 twist, star position.
 Date passed: 14/14 11/15 11/12

Badges and certificate award sets are available for these grades. To download an order form or order awards online, please visit the website: www.Winstrada.com

Winstrada Aesthetic Sports Development Foundation

TRAMPOLINING PROFICIENCY GRADE 3

The transition from Rebound Exercises to Trampoline

Minimal assistance may be given if required (grades 1-3 only).
To gain the award, complete all skills in section A, three in section B plus the routine.

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **gymnastics grade 1**

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **trampoline grade 1**

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **gymnastics grade 2**

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **trampoline grade 2**

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **gymnastics grade 3**

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **trampoline grade 3**

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **gymnastics grade 4**

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION is proud to certify that _____ has attained **trampoline grade 4**