



Name.....

### Bronze



**Strength & Power** - achieve any 7 out of the 10 activities listed      date      signature

Sit-ups x 15 seconds		
Back lifts with feet supported x 10 seconds		
Pulling along a smooth surface x 3 lengths		
Front leg holds to 45° x 6 each leg		
90° squat, through stand and onto tiptoe x 20 seconds		
Dish rocks x 10 seconds		
Arch rocks x 10 seconds		
Inclined press-ups x 10 seconds		
Squat thrusts x 15 seconds		
Tension hold on the elbows and knees x 10 seconds		

**Pulse Raising** - achieve any 2 out of the 3 activities listed      date      signature

6 shuttle runs with sit-ups or press-ups at each end		
Skip x 60 seconds		
Pulse raising circuit - running between 4 strength and power exercises		

### Silver



**Strength & Power** - achieve any 7 out of the 10 activities listed      date      signature

Tucked V-sits x 15 seconds		
Back leg lifts x 10 seconds		
Pull-ups x 10 seconds		
Leg holds to the side at 45° x 6 each leg		
Squat jumps x 20 seconds		
Rocking on both sides x 10 seconds each		
Elbow lifts x 10 seconds		
Piked headstand and push arms straight x 15 seconds		
Burpees (squat in and jump up) x 15 seconds		
Tension hold on the elbows and knees, one leg raised at a time x 10 seconds		

**Pulse Raising** - achieve any 2 out of the 3 activities listed      date      signature

8 shuttle runs with sit-ups or press-ups at each end		
Skip x 60 seconds combining 3 skipping actions		
Pulse raising circuit - running between 4 strength and power exercises		

### Gold



**Strength & Power** - achieve any 7 out of the 10 activities listed      date      signature

V-sits x 15 seconds		
Back lifts and back leg lifts at the end of a platform x 10 seconds each		
Pull-ups alternating hand grip x 10 seconds each		
Combination of front and side leg holds x 6 each leg		
From kneeling on one knee, spring up and change legs x 15 seconds		
Dish to arch rolling along the floor x 15 seconds		
Front crawl leg action, hold and repeat x 10 seconds		
Piked headstand, push arms straight using apparatus or handstand dips x 15 seconds		
Single leg squats to heel raise x 10 seconds each leg		
Tension hold on hands and feet, slide slowly to front lie		

**Pulse Raising** - achieve any 2 out of the 3 activities listed      date      signature

8 shuttle runs with sit-ups and press-ups at each end		
Skip x 30 seconds as quickly as possible		
Pulse raising circuit - running between 5 strength and power exercises		



Name.....

### Bronze



**Flexibility** - achieve any 4 out of the 6 activities listed below

date

signature

Japana demonstrating a fold over each leg and to the front		
Shoulder flexion and extension development		
Pike fold to 45°		
Hold a stick, elastic strap or rolled up towel and show extension		
Thigh stretches including D shape		
Kneeling down and stretching the feet		

**Coordination** - achieve any 4 out of the 6 activities listed below

date

signature

2 consecutive jump full turns in the same direction		
Forward roll into immediate star jump		
Full spin (min) on one leg		
Rock backwards then forwards and throw a ball to a partner or target		
From front support, swing the legs up then push to straddle stand		
Single leg squats x 6 each leg		

### Silver



**Flexibility** - achieve any 4 out of the 6 activities listed below

date

signature

Stand in straddle, with hip extension and trunk stretch		
Shoulder flexion in a lying position		
Pike fold or splits with the dominant front leg plus splits to 90° or greater with the non-dominant leg		
Hold a stick, elastic strap or rolled up towel and show extension		
Bridge with one foot lifted off the floor		
Crouch position with stretched feet		

**Coordination** - achieve any 4 out of the 6 activities listed below

date

signature

2 consecutive jump full turns, one in each direction		
Forward roll into immediate half turn jump		
Throw a ball up, full spin or jump (ball bounces) and catch		
Throwing a ball overhead backwards to a partner or target		
From front support, kick through to sit		
Single leg squats from a roll		

### Gold



**Flexibility** - achieve any 4 out of the 6 activities listed below

date

signature

Japana circling side to side and lifting high into one-arm side support		
Splits with dominant leg raised forwards on platform and floor level splits with non-dominant leg forwards		
Bridge and kick over to stand		
Dislocation and inlocation with stick, elastic strap or rolled up towel		
Leg swings forwards and backwards		
Piked fold with stretched feet		

**Coordination** - achieve any 4 out of the 6 activities listed below

date

signature

Series of turning jumps in both directions		
Backward roll into immediate jump full turn		
Throw a ball up, full spin or jump and catch		
Throw hand apparatus, perform a locomotion action (not jump or leap) and catch		
From front support, straddle around to back support		
Single leg squats from a roll, hopping from one foot to the other		