

Award Scheme Coach Core Proficiency Syllabus

Badge 8

Run on the spot for 30 seconds
Fun gym shapes – sit in tuck, pike, straddle.
Stand with tall stretch & star
Front & Back support
Jump in & out of a hoop
Transfer weight from 1 foot to the other
From crouch, bunny jump
Rock backwards & forwards in tuck
Matched & mirrored sequence of arm positions
Explore patterns using ribbons or scarves
Walk forwards along a bench on tiptoes

Badge 7

Run freely for 45 seconds
Bent leg dish
Back support raising 1 leg at a time toward the vertical
Stand & jump to safe landing
1 foot balance on bench or box top
From front support jump in & up
Rock backwards & forwards in pike & straddle
Front & back support, lower to the floor with control
Bounce & catch a ball 3 times
Walk forwards along a bench & full turn in the middle

Badge 6

Follow my leader in pairs using different actions for 1 minute
Dish & arch
Press-up forward & backward
Hop jump, hop jump along the floor
Piked V-Sit with hand support
Travelling bunny jumps
Rock backwards & forwards tucked to stand
Side support on 1 arm, turn slowly to the other
With partner, roll & catch a ball or hoop
Walk backwards along a bench & full turn in the middle

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Badge 5

Leap from 1 foot to the other
Japana to 45°
Move sideways from dish to arch
Hop, step & jump
T-balance
Bunny jumps over a bench side-to-side
Tucked forward roll down an incline
Front support with partner
Roll a ball or hoop, travel at its side & pick it up
Run, hurdle step & 2 footed rebound jump

Badge 4

Skip for 30 seconds
Low lunges with both legs – forwards & sideways
Shoulder stand with hips supported
Cat leaps, 2 times, each leg
Frog balance
Straddle bunny jumps across a bench side-to-side
Tucked backward roll down an incline
Chassis steps with arm swing, facing partner
Hoola hooping
From box top – star jump to safe landing

Badge 3

Skip for 45 seconds
Japana flat
Headstand with knees bent & lower into frog
Tuck jump
Headstand with knees bent
Cartwheel
Forward roll
Teddy bear roll – back to back with partner
Throw, jump & catch hand apparatus
Squat on box top & stretch jump off

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Badge 2

6 shuttle runs

Bridge

Half lever with 1 foot only raised – change legs

Jump half term

Headstand

Cartwheel quarter turn off bench

Backward roll

Counterbalance

Single knee balance, throw & catch hand apparatus

Squat on box top & tuck jump off

Badge 1

10 shuttle runs

Splits

Half lever or straddled half lever

Jump full turn

Moving forward handstand using apparatus

Change leg handstand

Handstand forward roll

Matched & mirrored sequence – to include roll, jump & balance

Throw hand apparatus, perform leap, catch & perform a balance

Straddle on box top & straddle jump off