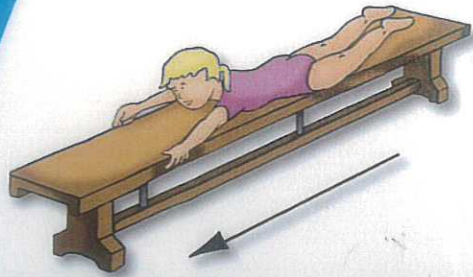




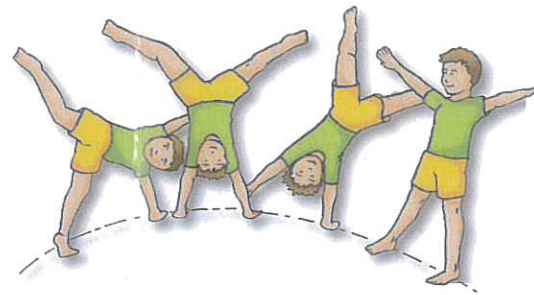
proficiencyawards pre-school



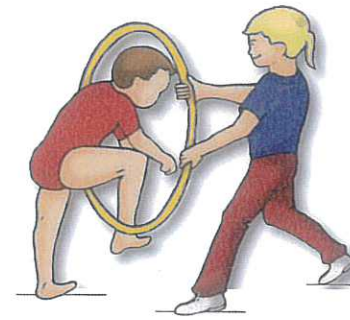
General development and coordination using pulling strength of the upper body



Climb up apparatus to hang from the hands then swing



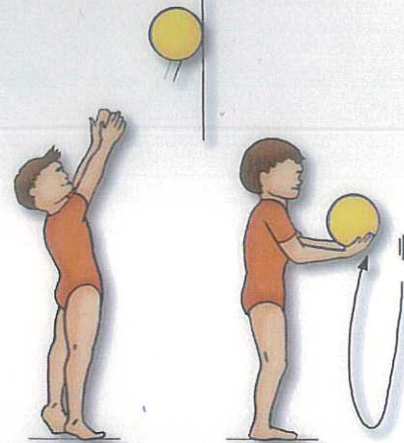
Upside down, sideways



General development and coordination using hand apparatus



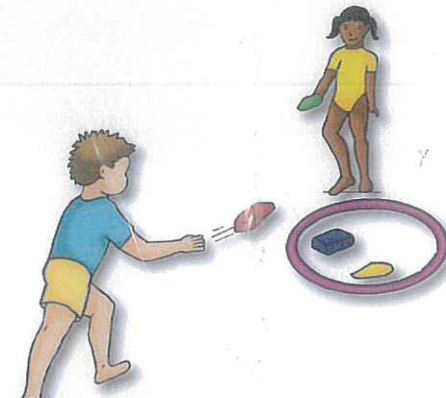
Swing in hang with a tucked body or bent legs



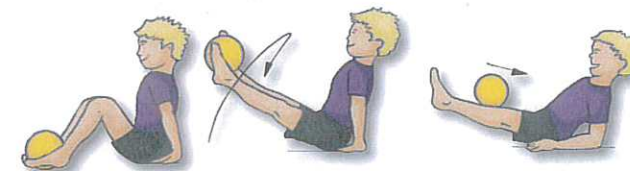
Throw hand apparatus to a target and collect it



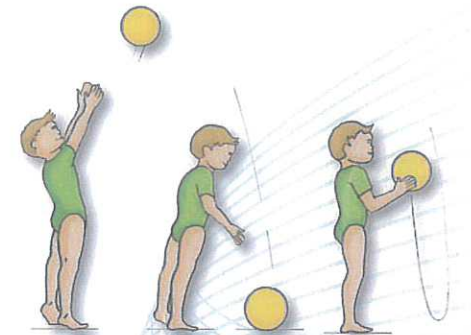
Swing in hang on higher apparatus with a stretched body shape



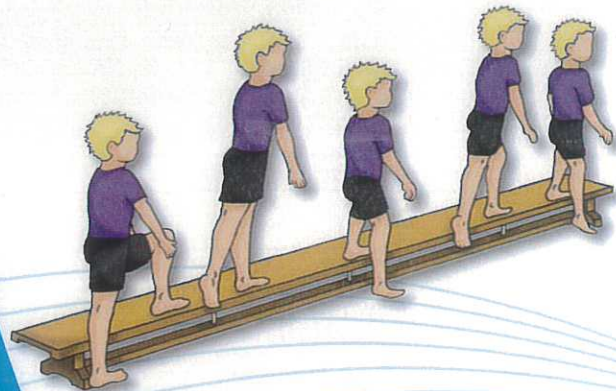
Collect hand apparatus and drop into a target



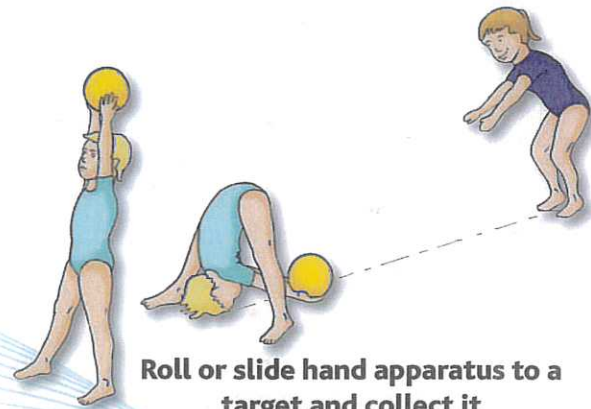
General development and coordination for core strength



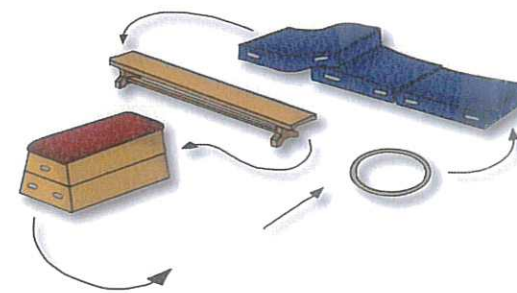
Throw a ball up, let it bounce and catch it



Dynamic balance, keeping in control during movement



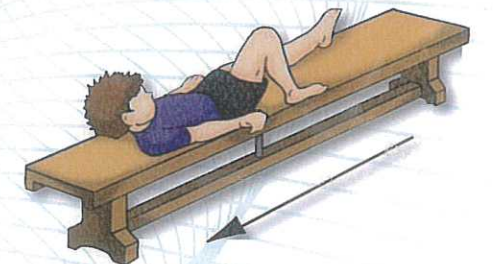
Roll or slide hand apparatus to a target and collect it



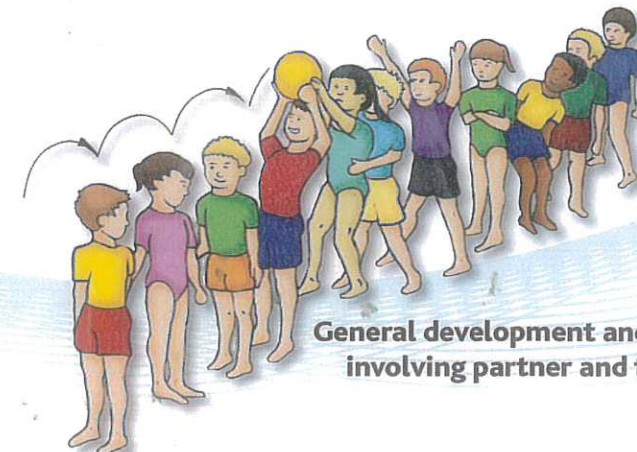
Balance circuit



Swing on a rope



General development and coordination using pushing strength of the upper body



General development and coordination involving partner and team games

Coordination



All activities shown must be carried out on a sprung mat and under qualified supervision. The type of equipment illustrated represents that used in the pre-school proficiency awards.