Awards 6-10

Name.............................................................................................................................................

Awards

1. Seat landing, half twist to feet
2. Seat landing, half twist to feet, seat landing, to feet
3. Half twist to seat landing, to feet
4. Full twist jump
5. Front landing, to feet
6. Jump (piked)
7. Forward roll

Routine - Jump (straddled), Seat landing, To feet, Jump (tucked), Half twist jump, Jump (piked), Seat landing, Half twist to feet, Jump (straight) and stop

Achieve any 6 out of the 7 activities plus the routine

Date
Signature

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