

# VIRTUE PRESCHOOL



## AWARD SCHEME



### REWARD CARD 1

WALKING ALONG THE BEAM WITH ARMS OUT  
SHOW STAR SHAPE  
BOUNCE ON TRAMPETTE  
SHOW GOOD CLIMBING  
JOIN IN WITH PARACHUTE  
EXPERIMENT WITH HAND APPARATUS

### REWARD CARD 2

STEP OVER OBSTACLES ON BEAM  
SHOW TUCK SHAPE  
JUMP OFF A BOX  
SWING ON BAR  
CIRCLE DOWN ASSISTED  
SIDE ROLL DOWN SLOPE

### REWARD CARD 3

WALK BACKWARDS ON BENCH  
ASSISTED BACKWARDS ROLL DOWN SLOPE  
JUMP OFF TRAMPETTE  
LIFT TOES TO BAR  
CIRCLE UP ASSISTED  
FORWARD ROLL DOWN SLOPE

### REWARD CARD 4

PULL BODY ALONG BENCH  
THROW HAND APPARATUS INTO TARGET  
RUN ON THE SPOT  
WALK ON HANDS AND FEET  
SHOW STRADDLE SHAPE  
SHOW SAFE LANDING

### REWARD CARD 5

SWING IN BAR IN TUCKED SHAPE  
ROLL BALL TO PARTNER  
GALLOPING  
JUMP UP HIGH TO TOUCH HAND APPARATUS  
RUN FAST  
SHOW PIKE SHAPE

### REWARD CARD 6

THROW AND CATCH HAND APPARATUS  
COMPLETE A BALANCE CIRCUIT  
JUMP A DISTANCE  
START AND STOP ON COMMAND  
ARCH SHAPE  
HANG UPSIDE DOWN ON BAR WITH SUPPORT

### REWARD CARD 7

SWING ON A ROPE OR TRAPEZE  
HANG IN A STAR SHAPE ON BAR  
JUMP UP ONTO A HIGHER SURFACE  
BUNNY HOPS  
HANDSTAND INCLINE ON WALL  
DISH SHAPE

### REWARD CARD 8

ROCK BACK TO DROP BEAN BAG BEHIND  
BOUNCE AND CATCH BALL  
JUMP OVER AN OBSTACLE  
RUN WITH CHANGE OF DIRECTION  
FRONT SUPPORT BALANCE ON THE BAR  
BALANCE ON ONE LEG

### REWARD CARD 9

UPSIDE DOWN SIDEWAYS ON WALL  
PUSH BODY BACKWARDS ALONG BENCH  
SKIPPING ALONG  
HOP ON ONE FOOT  
TUCK HOLD BETWEEN TWO BLOCKS  
ASSISTED CAST

# VIRTUE RECREATIONAL AWARD SCHEME



## LEVEL 8

1. SHOW BASIC SHAPES
2. FRONT AND BACK SUPPORT
3. STRAIGHT JUMP SAFE LANDING
4. ONE LEG BALANCE
5. TRAVELLING BUNNY HOPS
6. SIDE ROLL
7. ROLL AND CATCH BALL WITH PARTNER
8. RUN JUMP INTO HOOP, REBOUND OUT, LAND

## LEVEL 7

1. JAPANA 45°
2. DISH AND ARCH HOLD
3. STRAIGHT JUMP OFF BENCH TO SHOW SAFE LANDING
4. ONE LEG BALANCE ON BENCH
5. BUNNY HOPS ALONG BENCH
6. ROCK BACK AND FORTH IN TUCK SHAPE
7. THROW AND CATCH BALL THREE TIMES
8. RUN ALONG BENCH JUMP ONTO SPRINGBOARD, STRAIGHT JUMP, LAND

## LEVEL 6

1. PIKE FOLD 45°
2. FRONT SUPPORT TO BACK SUPPORT
3. STAR JUMP
4. PIKED V SIT WITH HAND SUPPORT
5. SIDE TO SIDE BUNNY HOPS ON FLOOR BEAM
6. ROCK BACKWARDS IN A TUCK TO STAND UP
7. ROLL AND CATCH HOOP WITH PARTNER
8. RUN HURDLE STEP ONTO SPRINGBOARD, STRAIGHT JUMP, LAND

## LEVEL 5

1. LOW LUNGES ON BOTH LEGS
2. DISH ROLL TO ARCH
3. TUCK JUMP
4. ARABESQUE
5. SIDE TO SIDE BUNNY HOPS OVER A BENCH
6. FORWARD ROLL DOWN AN INCLINE
7. BOUNCE AND CATCH A BALL THREE TIMES
8. FROM STANDING SQUAT ON JUMP OFF

## LEVEL 4

1. SQUASHED FROG
2. FROG BALANCE
3. JUMP ½ TURN
4. Y BALANCE
5. CARTWHEEL OVER BOX TOP
6. FORWARD ROLL ON FLOOR
7. 10 REBOUND SKIPS
8. SQUAT ON STRAIGHT JUMP OFF

## LEVEL 3

1. SPLITS
2. ASSISTED STRADDLE LEVER
3. CATLEAP
4. SHOULDER STAND WITH HAND SUPPORT
5. CARTWHEEL ON FLOOR
6. BACKWARDS ROLL DOWN AN INCLINE
7. THROW HAND APPARATUS PERFORM STAR JUMP AND CATCH
8. SQUAT ON TUCK JUMP OFF

## LEVEL 2

1. BRIDGE
2. ASSISTED PIKE LEVER
3. JUMP FULL TURN
4. HEADSTAND
5. ROUND OFF OFF BENCH
6. FREE ROLL
7. 20 REBOUND SKIPS
8. STRADDLE ON STAR JUMP OFF

## LEVEL 1

1. BRIDGE RAISE 1 LEG
2. TUCKED HEADSTAND TO FROG
3. TUCK JUMP STAR JUMP LINKED
4. SHOW HANDSTAND
5. ROUND OFF ON FLOOR
6. BACKWARDS ROLL ON FLOOR
7. THROW HAND APPARATUS PERFORM CAT LEAP AND CATCH
8. SQUAT THROUGH OR STRADDLE OVER

# VIRTUE ADVANCED AWARD SCHEME



## BRONZE

CHASSE CATLEAP  
ONE HANDED CARTWHEEL  
FORWARD ROLL STAR JUMP  
ROUND OFF TUCK JUMP  
STEP HANDSTAND FLAT BACK  
BACK ROLL TO STRADDLE STAND

## SILVER

CHASSE SPLIT LEAP  
BRIDGE KICK OVER  
CATLEAP CARTWHEEL  
ROUND OFF JUMP TO DISH  
RUN FLAT BACK ONTO LOW CRASHMAT  
FORWARD ROLL TO STRADDLE STAND

## GOLD

CHASSE CAT LEAP SPLIT LEAP  
BACKWARDS WALKOVER  
FORWARD ROLL CARTWHEEL  
FLIC OFF TRAMPETTE  
MAT STACK FLATBACK  
BACK ROLL TO FRONT SUPPORT

## PLATINUM

W JUMP OR STRADDLE JUMP  
FORWARD WALKOVER  
CARTWHEEL ONE HANDED CARTWHEEL  
STANDING FLIC  
FLATBACK WITH VAULT AND MAT STACK  
HANDSTAND FORWARD ROLL

## DIAMOND

CATLEAP W JUMP OR CATLEAP JUMP FULL TURN  
HANDSPRING  
TIC TOC  
ROUND OFF FLIC  
HANDSPRING VAULT  
HANDSTAND FORWARD ROLL WITH STRAIGHT ARMS