Skills Certificate

ACTIVITY	DATE ACHIEVED	SIGNED
Shooting Stars		
Bouncing Bunnies		
Bunnies Over a Bench		
High Hip Hares Over a Bench		
High Hip Hares		
Extended Camel Walking		
Circling Camels		
Camel Hops		
Wheeling Crabs		
Wheeling Star		
Cartwheel		
Cartwheel Challenges		

I certify

.....

can perform all the activities identified above by demonstrating a clear shape, good body tension and control.

They can also effectively, fluently and efficiently include these activities into their sequences.



Signed:.....

Name:.....

Position:.....

Date:.....

PE & School Sport AG a Chwaraeon Ysgol
sports council wales cyngor chwaraeon cymru
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