Skills Certificate

ACTIVITY	DATE ACHIEVED	SIGNED
Horizontal Handstand		
Toppling Statues		
Topple into Lunge		
Front Supports Switches		
Bouncing Bunnies		
Stinging Scorpion		
Wheelbarrow Lift		
Front Support into Handstand		
Handstand		
Handstand 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
Funded by Welsh Assembly Government