

VIRTUE PRESCHOOL AWARD SCHEME



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 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 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 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 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 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 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 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 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 GENERAL



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

PLATINUM

W jump or Straddle jump
Forward walkover
Cartwheel one handed cartwheel
Standing flic
Flatback with vault and mat stack
Handstand forward roll

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

DIAMOND

Catleap W jump or Catleap jump full turn
Handspring
Tic toc
Round off flic
Handspring vault
Handstand forward roll with straight arms

GOLD

Chasse cat leap split leap
Backwards walkover
Forward roll cartwheel
Flic off trampette
Mat stack flatback
Back roll to front support