

BAGA TEST: British Gymnastics Awards

The BAGA Awards (British Amateur Gymnastics Association) is a proficiency scheme for young gymnasts, which was adopted by seventy other countries.

There are different categories depending the age and level. All children/ adults will receive a certificate and badge of the level assessed/ passed.

At our Sponte Sua Gymnastics we assess one level per year and starts as follows:

** **FUNdamental Movement ideas for Early Years** is a movement programme designed and developed by British Gymnastics in conjunction with early years specialists to help younger children to acquire essential physical, social and emotional life skills. We assess the FUNdamental on children from 3 to 4y.o.

** **The Pre-School Gymnastics Award Scheme** developed for children from 3 years focuses on the development of physical literacy and movement skills. Children learn the three fundamental building blocks of movement – Action, Balance and Coordination, with a range of 40 different activities to choose from. The scheme introduces children to physical activity in a fun yet structured environment so that they can safely learn and experiment action, balance and coordination activities. Badges may be purchased to reward successful completion. We assess the Pre-school Award on children from 5 to 6y.o.

** **Core Proficiency Award:** follows on from Pre- School for beginners and children aged from Age (6 to 11-13) as recognition of completion of our Core Proficiency programme developing core skills such as balance, strength, flexibility and coordination and incorporating compulsory pulse raising activities to promote an active lifestyle. There are 10 types of activity and 8 levels of attainment. Levels goes from 8 to 1 where at level 1 children receive also a medal.

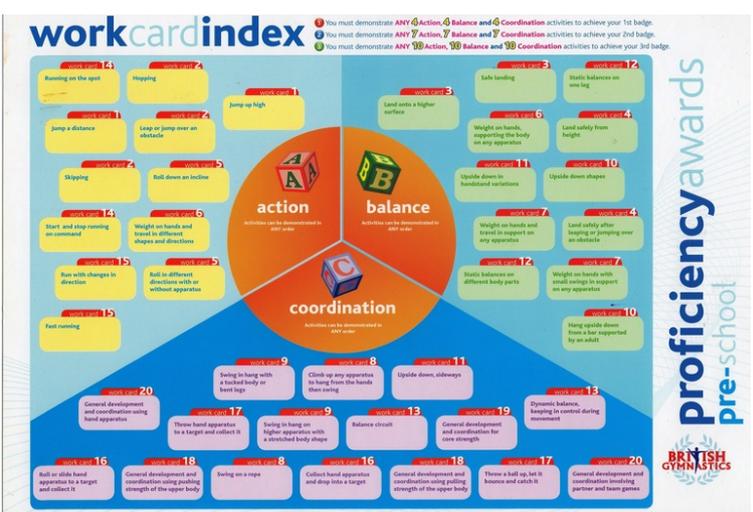
** **The Advanced Proficiency Gymnastics Award** scheme is for children aged 11 years & upwards, it assists in the development of Core fitness (Strength, power, flexibility, co-ordination) and gymnastics skills for the coaching of more advanced skills. The scheme offers a range of activities including Fitness, Floor, Vault & Rebound, Apparatus, Pairs & Groups, Hand Held Apparatus and Dance & Aerobics. It broadly underpins development work for Grades, the Next Step Competition Framework and National Development Programmes. Levels are Bronze, Silver and Gold.

At our club once a child completes the Core Proficiency and achieved the level 1, she/he will start with the Bronze level of an Advance Proficiency on the following year.

** FUNdamental Movement.



** The Pre-School Gymnastics



**** Core Proficiency Award:**

BRITISH GYMNASTICS proficiency awards

Run on the spot for 30 seconds

Fun gym shapes – sit in tuck, pike, straddle. Stand with tall stretch and star

Front and back support

Jump in and out of a hoop

Transfer weight from 1 foot to the other

From crouch, bunny jump

Rock backwards and forwards in tuck

Matched and mirrored sequence of arm positions

Explore patterns using ribbons or scarves

Walk forwards along a bench on tiptoes

8

BRITISH GYMNASTICS proficiency awards

Run freely for 45 seconds

Bent leg dip

Back support raising 1 leg at a time towards the vertical

Stand and jump to safe landing

1 foot balance on bench or box top

From front support, jump in and up

Rock backwards and forwards in pike and straddle

Front and back support, lower to the floor with control

Bounce and catch a ball 3 times

Walk forwards along a bench and full turn in the middle

7

BRITISH GYMNASTICS proficiency awards

Follow my leader in pairs using different actions for 1 minute

Dish and arch

Press-up forwards and backwards

Hop jump, hop jump along the floor

Piked V-sit with hand support

Travelling bunny jumps

Rock backwards and forwards tucked to stand

Side support on 1 arm, turn slowly to the other

With partner, roll and catch a ball or hoop

Walk backwards along a bench and full turn in the middle

6

BRITISH GYMNASTICS proficiency awards

Leap from 1 foot to the other

Japan to 45°

Move sideways from dish to arch

Hop, step and jump

T-balance

Bunny jumps over a bench side-to-side

Tucked forward roll down an incline

Front support with partner

Roll a ball or hoop, travel at its side and pick it up

Run, hurdle step and 2 footed rebound jump

5

BRITISH GYMNASTICS proficiency awards

Skip for 30 seconds

Low lunges with both legs – forwards and sideways

Shoulder stand with hips supported

Cat leaps, 2 times, each leg

Frog balance

Straddle bunny jumps across a bench side-to-side

Tucked backward roll down an incline

Chassis steps with arm swing, facing partner

Front view

Hoola hooping

From box top – star jump to safe landing

4

BRITISH GYMNASTICS proficiency awards

Skip for 45 seconds

Japan flit

Headstand with knees bent and lower into frog

Tuck jump

Headstand with knees bent

Cartwheel

Forward roll

Teddy bear roll – back to back with partner

Throw, jump and catch hand apparatus

Squat on box top and stretch jump off

3

BRITISH GYMNASTICS proficiency awards

6 shuttle runs

8 ridge

Half lever with 1 foot only raised – change legs

Jump half turn

Headstand

Cartwheel quarter turn off bench

Backward roll

Counterbalance

Single knee balance, throw and catch hand apparatus

Squat on box top and tuck jump off

2

BRITISH GYMNASTICS proficiency awards

10 shuttle runs

Front splits or side splits

Half lever or straddled half lever

Jump full turn

Moving toward/away using apparatus

Change leg headstand

Headstand forward roll

Matched and mirrored sequence – to include roll, jump and balance

Three hand apparatus, perform a leap, catch and perform a balance

Straddle on box top and straddle jump off

1

** The Advanced Proficiency

Hand Held Apparatus workcard index

Bronze
Achieve any 7 out of the 10 activities listed below

- Rotations of one and two ropes
- Hold one end of a rope, step forwards to swing and catch the other end
- Clap over a static obstacle with a partner or in a group
- Spin a hoop at the side of the body and balance on one foot
- Rotate a hoop around two hands with or without travelling
- Side swings with a ribbon rope or hoop
- Clides with a ribbon
- Snakes with a ribbon walking backwards
- Bounce a ball to a partner four times, catching with both hands
- Roll a ball over various body parts

Silver
Achieve any 7 out of the 10 activities listed below

- Different ways of performing figures of eight with a rope
- Slip with a rope alternating, between open and crossed slips
- Side swings holding a ball
- Hoop rotations around one hand
- Stand inside a hoop, let one side go, jumping out then back in again
- Snakes with a ribbon and turns of the body
- Rebound a ball off the knee and catch in one hand
- Perform figures of eight on the knees
- Throw and catch a ball with one hand, standing and kneeling
- Side swings, passing a ball overhead

Gold
Achieve any 7 out of the 10 activities listed below

- Bumper slips to double turn of a rope
- Chased and tag loop through a rope
- Throw a snake rope, catching each end
- Rotations of a hoop around different body parts
- Small steps over a ribbon while making large snake actions
- Combinations of coils, figures of eight and snake actions
- Rotate a hoop around one hand, release into a small throw and catch
- Body wave with a ribbon held in one hand
- Bounce a ball, begin clockwise turn before catching
- Tuning slips through a hoop

Proficiency awards
advanced

Proficiency awards advanced

Vault and Rebound

Bronze

- Step left platform and rebound jump off a springboard and land safely
- Run and rebound
- Rebound and land safely
- Run and rebound off a springboard onto a higher platform and land safely

Silver

- Stand on a springboard and rebound jump x 10
- Step off platform and rebound jump off a springboard and land safely
- Stand on a springboard and rebound jump x 10
- Run and rebound off a higher platform

Gold

- Run and rebound off an excited competitor onto a higher platform

Proficiency awards
advanced

Floor workcard index

Bronze
Achieve any 6 out of the 8 activities listed below

- Consecutive cartwheels, one with second hand only
- Cartwheel 1/4 turn as a round-off preparation
- Headpopping off a platform
- Handstand block
- Backward roll to front support
- Backward roll to a straddle or pike position
- Forward roll to a straddle or pike position
- Handstand forward roll with straight arms

Silver
Achieve any 6 out of the 8 activities listed below

- Headpopping
- Jump to back lie on a soft surface and dokey kick
- Round off
- Headpopping off a low platform
- Handstand held (3 seconds)
- Forward roll to straddle lever or 1/4 lever (3 seconds)
- Backward walkover
- Tucked planche (3 seconds)

Gold
Achieve any 6 out of the 8 activities listed below

- Free cartwheel
- Standing flic
- Handpopping
- Round off flic
- Forward walkover or handstand through bridge to stand
- Lift to handstand with straddled legs and straight arms or piked with bent arms
- Handstand pikeout - minimum 30°
- Backward roll to handstand - not held

Proficiency awards
advanced

Apparatus workcard index

Bronze
Achieve any 6 out of the 8 activities listed below

- Tuck and star jumps in the middle
- Forward roll to sit
- Y scale or esbrique (3 seconds)
- Consecutive rebound jumps along the length of the beam or bar
- From the floor, jump to support on any apparatus x 5
- Jump to support and rotate forwards to hang underneath
- In long hang, kick from dish to stick x 5
- In long hang, perform a series of half turns along a bar

Silver
Achieve any 6 out of the 8 activities listed below

- Jump or spin with half turn
- Half lever or straddled half lever (3 seconds)
- Backward roll to shoulder stand, roll forwards to stand
- Kick towards handstand and return to stand
- From front support, swing the legs forwards then backwards to dismount x 3
- In support, travel around or along any apparatus
- In long hang on a bar, small swings backwards and forwards x 2
- In inverted hang on a bar, swing backwards and forwards in either tuck, pike or straddle x 3

Gold
Achieve any 6 out of the 8 activities listed below

- Headstand
- Forward roll
- Cartwheel
- Jump or spin with full turn
- In support, swing backwards and forwards x 3
- From front support, turn to back support and return
- Slide swing on a low bar
- In long hang, swing forwards and half turn to land safely

Proficiency awards
advanced

Dance and Aerobics workcard index

Bronze
Achieve any 10 out of the 20 activities listed below

- Standing position
- Feet positions
- Body wave on knees
- Back bend on two knees
- Step hops
- Run and cat leap
- Spring points to the front
- Saie jumps with feet in 1st position
- Passé balance
- Echappé
- Marching, jogging and skipping steps
- Knee lifts and kicks
- Jumping jacks and lunges
- Grapevine along a line
- Stationary routine 1 and 2 to music at 120bpm
- Straddle lateral push-ups
- Lift towards V support to back support
- Front push-up, single leg circle
- Hitch kick

Silver
Achieve any 10 out of the 20 activities listed below

- Body wave
- Demilune and full pike in 1st and 2nd positions
- Balance on one knee
- Body wave sideways
- Front horizontal balance
- Kneeling on one knee and back bend
- Aerobic facing apparatus
- Turning cat leaps
- Side gallops (chase)
- Preparation for pike into passé balance
- Grapevine in an L shape
- Jumping jacks at 130bpm
- Travelling routines 1 and 2 to music at 130bpm
- Lateral push-ups
- Hinge push-ups
- Wenson push-ups
- Split legs, legs to 45°
- Jump full turn to kneeling position
- Scissor kicks

Proficiency awards
advanced

To see Gold work card index, please turn over...