

LEVEL 1:



## RAINBOW AWARD.

School-aged Gymnasts, gaining an introduction to recreational gymnastics and developing basic skills.

Gymnasts will start to use all 4 pieces of Women's Gymnastics Apparatus, whilst learning new ways of movement with their friends.



## LEVEL 1 RAINBOW AWARD

Red  
Orange  
Yellow  
Green  
Blue  
Indigo  
Violet  
Pot of Gold