

personal achievement chart

Award 11

Name.....



activities	date	signature
Compulsory		
1. Front somersault piked		
2. Shaped jump, front somersault piked, half twist x 3		
3. Back somersault tucked		
4. Back somersault tucked, jump (tucked) x 5		
5. Back somersault tucked, seat landing		
6. Back somersault straight (or piked)		
7. Back somersault straight (or piked), jump (straddled) x 5		
8. Three quarter front somersault to back, half twist to feet, shaped jump x 3		
9. Three quarter front somersault to back, to front landing		
Routine		
A three somersault routine using somersaults linked by a single shaped jump or twist		
Optional - achieve any 4 out of the 6 activities		
1. Front landing, to back landing, to front landing, to back landing, to front landing		
2. Back pullover to front landing		
3. One and a half twist jump		
4. Seat landing, one and a half twist to feet		
5. Front landing, full twist to feet		
6. Cat twist		

