

## Achievement Level D Green



Name.....

- Basic seat - Arms out
- Mill - No Pause
- Forward Swing
- Dismount - Roll over handles (with Support)
- Arabesques - Holding Handles
- Push up on rear
- Perform 3 freestyle moves of your own choice
- What does B.E.V stand for
- Help to put away equipment & Poop scoop
- Discuss why vaulters should warm up  
And take part in warm up exercises

Achieved.....Date.....

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