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# ***Badges 3-1 safe moves to practice at home***

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## **LEVEL 3**

Skip for 45 seconds

Forward Roll

Tuck jump

Cartwheel

Japana flat  
(in staddle with tummy on floor)

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## **LEVEL 2**

6 shuttle runs

Backward roll

Half turn jump

Bridge

Half lever with 1 foot raised, change legs

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## **LEVEL 1**

10 shuttle runs

Change leg handstand

Half full jump

Pike or straddle half lever

Splits