

Coral Badge – What This Badge Shows

The Coral Badge reflects growing strength, confidence, and body awareness, with improved control and independence across all gymnastics disciplines.

Vault

Your child can:

- Step onto a low block with legs apart and maintain balance
- Use the springboard to perform strong, controlled jumps with hand support on a block

Bars

Your child can:

- Hang from the bar in a range of shapes for 5 seconds
- Travel sideways along the bar using hands and feet

Beam

Your child can:

- Perform small jumps along a low beam
- Walk sideways along a higher beam or bench with control

Floor

Your child can:

- Rock backwards and forwards in a tuck shape and return to standing without using hands
- Hold a supported handstand position against a wall or block

Rebound

Your child can:

- Run and jump, showing a tuck jump before landing safely
- Perform controlled star jumps on the spot

Strength & Conditioning

Your child can:

- Hold a strong back support position
- Maintain an arched body shape with control

Badges are awarded when a child consistently demonstrates these skills with confidence, control, and safe technique.