

## **Emerald Badge – What This Badge Shows**

When a child achieves their Emerald Badge, they have demonstrated improved strength, coordination, and control, with more demanding skills and increased independence across all apparatus.

### **Vault**

Your child can:

- Run and perform a straight jump off the springboard with control
- Squat onto a block from standing with a stable landing
- Straddle onto a small block from standing
- Run towards the vault and perform a squat-on action with different jump off variations, landing safely

### **Bars**

Your child can:

- Hold a front support position on the floor bar
- Travel sideways along the bar using hands and feet
- Support themselves on the bar or blocks with straight arms
- Perform a controlled circle-down action on the bar without support

### **Beam**

Your child can:

- Tip-toe walk along the beam and perform a full turn in the middle
- Walk backwards along the beam to the centre, showing balance on one leg
- Perform a straight jump on a bench or floor beam
- Walk sideways on tip-toes along an inverted bench or beam with control

### **Floor**

Your child can:

- Perform a forward roll on the floor and stand up without using hands
- Perform a pike handstand with feet supported on a block and transition safely out
- Perform a backward roll on the floor with control
- Hold an L-shape handstand position

### **Rebound**

Your child can:

- Perform a straight jump and land safely from a run
- Perform a tuck jump and land showing good control
- Perform star jumps rebounding on the trampette or board
- Jump halfway off the trampette or board and land safely on a mat

## **Strength & Conditioning**

Your child can:

- Hold 10 seconds in front support, turn to back support through the side support with control
- Perform repeated squat to stretch jumps
- Complete sit-ups with a partner holding their feet
- Hold a dish shape and an arch shape for 10 seconds

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