

Onyx Badge – What This Badge Shows

When a child achieves their Onyx Badge, they have demonstrated increased strength, coordination, and control, with more complex movement patterns across all apparatus.

Vault

Your child can:

- Run towards the vault and squat onto a 40cm block with control
- Perform a straddle on the vault in preparation for more advanced vaulting

Bars

Your child can:

- Hold a front support position on the floor bar for 5 seconds
- Perform a controlled circle down action on the bar with coach support

Beam

Your child can:

- Walk backwards along the floor beam independently
- Walk forwards along a bench or beam while holding balance on one leg

Floor

Your child can:

- Perform a forward roll down a slope with control
- Perform a backward roll down a slope with good body position

Trampoline

Your child can:

- Run and jump onto the trampoline, performing a star jump and landing safely
- Complete a set of straight jumps on the spot with control

Strength & Conditioning

Your child can:

- Travel forwards along a floor line using walking and crab or spider positions
- Perform repeated bunny hops over a bench with control

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