

## Sapphire Badge – What This Badge Shows

When a child achieves their Sapphire Badge, they have demonstrated increased strength, coordination, and technical control, with more advanced skills performed confidently across all apparatus.

### Vault

Your child can:

- Straddle onto the vault using straight arms and legs
- Perform a stretch jump onto a raised block, kick up to a handstand and fall safely to a flat back with good body shape
- Perform a forward roll onto a raised block
- Straddle over the vault using two blocks with control

### Bars

Your child can:

- Perform straddle and pike leg lifts
- Hold a chin-up position for 10 seconds
- Perform a circle-up to front support on the bar
- Circle down into a controlled pike hold

### Beam

Your child can:

- Perform a forward roll on a floor beam or bench
- Perform a tuck jump on the beam with balance
- Perform a cartwheel off a beam or bench safely
- Complete a half turn on one leg with control

### Floor

Your child can:

- Perform a handstand with legs together and show a correct landing position
- Perform a cartwheel with control
- Hold a headstand position
- Perform a bridge with one leg lifted and held straight

### Rebound

Your child can:

- Perform a pike jump off the trampette, and land safely
- Perform a straddle jump off the trampette or board, showing a strong landing shape
- Perform a full turn jump and land with control
- Perform a forward roll onto a raised block safely

## **Strength & Conditioning**

Your child can:

- Complete 10 sit-ups
- Hold a straddle lever on the floor bar for 5 seconds
- Perform 5 V-sits with control
- Perform 3 press-ups on the floor bar with good body shape

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