

Trampolining Proficiency

Award 1

Skills

1	Waiting turn and good behaviour around the Trampoline
2	Mount, and dismount to and from a central position
3	Move, or be moved, freely around the Trampoline
4	Sitting and bouncing/rocking
5	Standing and bouncing/rocking
6	Lying on back and being bounced
7	Hand and knees bouncing/rocking

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Award 2

Skills

1	From seat position, using arm movements, bounce
2	Hands and knees bouncing
3	Bounce a number of times and stop
4	Roll in the horizontal position, under control
5	Quarter twist in an upright position
6	Seat drop (not returning to feet)
7	Show the star position

Trampolining Proficiency

Award 3

Skills

1	Straight jumping with arm movements Arms moving up, together, at the front and then down, apart at the sides.
2	Puck jump A cross between a pike and tick jump, an open tuck shape.
3	Astride jump In the air, move one leg forwards and one leg backwards (almost as if walking). Alternate the legs in different jumps
4	1/2 twist jump
5	Star jump Arms and legs out to the sides
6	Back bouncing (with assistance)
7	In a set number of bounces / jumps, show at least 2 skills

Trampolining Proficiency

Award 4

Skills

1	Tuck Jump, touching below the kneecap
2	Straddle jump
3	Seat drop, returning to feet
4	Link two 1/2 twist jumps (in swingtime)
5	Split jump
6	Hands & knees, to front drop
7	Repeat a skill 3 times, without any intermediate jump (in swingtime)

Trampolining Proficiency

Award 5

Skills

1	5 straight jumps, stop & stay still for 3 seconds
2	Tuck Jump, with stretch & touch
3	Straddle jump (Piked)
4	Front drop on to a mat
5	Back landing onto a mat
6	Seat drop to feet, 1/2 twist jump
7	1/2 twist jump, seat drop, to feet

Routine

1	Straddle jump
2	Seat drop
3	To feet
4	Tuck jump
5	Half twist jump
6	Straight jump and stop

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Award 6

Skills

1	Seat drop, 1/2 twist to feet
2	Seat drop, 1/2 twist to feet, seat drop to feet
3	1/2 twist to seat drop, to feet
4	Full twist jump
5	Front drop to feet
6	Pike jump
7	Forward roll

Routine

1	Straddle jump
2	Seat drop to feet
3	Tuck jump
4	1/2 twist jump
5	Pike jump
6	Seat drop
7	1/2 twist to feet
8	Straight jump and stop

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Award 7

Skills

1	1/2 twist to seat drop, 1/2 twist to feet
2	Seat drop, 1/2 twist to seat drop (swivel hips), to feet
3	Back drop to feet
4	Hands and knees, forward turnover to back, to feet
5	Seat drop, to hands and knees, to feet
6	Seat drop, to feet, front drop, to feet
7	Front drop, to feet, seat drop, to feet

Routine

1	Front drop
2	to feet
3	Tuck jump
4	1/2 twist jump
5	Straddle jump
6	Seat drop
7	to feet
8	Pike jump
9	Full twist jump
10	Straight jump and stop

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Award 8

Skills

1	Seat drop, to front drop, to feet
2	Front drop, to seat drop, to feet
3	Front drop, 1/2 twist to feet
4	1/2 twist to front drop, to feet
5	Back drop, 1/2 twist to feet
6	1/2 twist to back drop, to feet
7	5 back bounces

Routine

1	Straddle Jump
2	Seat drop
3	Half twist to feet
4	Pike Jump
5	Front drop
6	to feet
7	Tuck jump
8	Hands and knees forward turnover to back
9	to feet