



## Trampolining Proficiency Awards

### Level 1

**Minimum pass requirement: 75% completed**

1. Behaving well and waiting quietly for turn on trampoline.
2. Jump in the centre of the trampoline, on the cross.
3. Safely climb on and off the trampoline.
4. Gentle bouncing in a standing position facing one end of the trampoline.
5. Bend knees to show stopping position.
6. Jumping and turning.
7. Jumping and clapping.