



## Trampolining Proficiency Awards

### Level 11

**Minimum pass requirement: 75% completed**

1. Back somersault (T).
2. Back somersault to seat landing (T).
3. Back s/s (T), tuck jump, back s/s (T).
4. Back somersault (S).
5. Back s/s (Tucked) to feet, back landing to feet.
6.  $\frac{3}{4}$  back somersault (S) [lazy back].
7. Back landing back pullover to front landing.
8. Full twist to back landing.
9. Front somersault (P).
10.  $\frac{3}{4}$  Front somersault (S).
11. Back landing full twist to feet.
12. Birani (T).
13. Review all moves on Grade 10.

**Routine:**

Back s/s (T), straddle jump, seat landing, half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front s/s (P).