



Trampolining Proficiency Awards

Level 2

Minimum pass requirement: 75% completed

1. Perform 3 bounces then stop.
2. 5 hanging jumps on the cross.
3. Quarter turns, either sitting or standing.
4. Safety landing forward onto mat .
5. Safety backwards onto mat.
6. Being bounced in a seated position showing strength and control.
7. Jumps to legs astride and legs together.
8. Jumping, turning and clapping at the same time.