



Trampolining Proficiency Awards

Level 5

Minimum pass requirement: 75% completed

1. 5 stretch jumps, stop and keep still for 3 seconds.
2. Tuck jump, showing stretch and good shape.
3. Straddle jump, touching below knees.
4. Hands and knees to front landing, back to feet.
5. Front landing on to mat.
6. Hands and knees bouncing, half turn to hands and knees.
7. Arm set, followed by three different moves.

Routine:

Star jump, seat landing, back to feet, tuck jump, half twist jump, straight jump, stop.