



Trampolining Proficiency Awards

Level 7

Minimum pass requirement: 75% completed

1. Half twist to seat landing, half twist to feet.
2. Seat landing, half twist to seat landing, to feet. [swivel hips]
3. Back landing to feet.
4. Hands and knees bouncing, forward turnover to back to feet.
5. Seat landing to hands and knees.
6. Front landing to feet, seat landing to feet.
7. Seat landing to feet, front landing to feet.
8. Arm set followed by three different moves.
9. Review all moves on Grade 6.

Routine:

Front landing to feet, tuck jump, half twist jump, straddle jump, seat landing to feet, pike jump, full twist jump, straight jump, stop.

