



GYMNASTICS & TRAMPOLINE CLUB

Badge and certificate sets are available for these grades. Please email info@springfit.org for more information

Trampoline Level 1

To gain the award, complete all skills in section A and three in section B.

SECTION A - COMPLETE ALL SKILLS

Behaving well and waiting quietly for turn on trampoline

Can move or be moved around the trampoline freely

Climb onto the trampoline, locate center of bed and climb off safely again

SECTION B - COMPLETE 3 SKILLS

Gentle bouncing in standing position

Bouncing in hands and knees position

Jumping and turning

Jumping and clapping

Date Passed

Further copies of this sheet can be downloaded from www.springfit.org/awards