



**GYMNASTICS & TRAMPOLINE CLUB**

Badge and certificate sets are available for these grades. Please email [info@springfit.org](mailto:info@springfit.org) for more information

# Trampoline Level 2

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

## SECTION A - COMPLETE ALL SKILLS

Perform three bounces and then stop

Show and hold a star position

Quarter turns, either sitting or standing

## SECTION B - COMPLETE 3 SKILLS

Bounce on hands and knees staying in center of bed

Log roll in horizontal position, showing control

Being bounced in a seated position showing strength and control

Jumps to legs astride and jump legs together

**Date Passed**

*Further copies of this sheet can be downloaded from [www.springfit.org/awards](http://www.springfit.org/awards)*