



GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 3

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

SECTION A - COMPLETE ALL SKILLS

Jump with arm movements

Tuck jump

Half twist jump

SECTION B - COMPLETE 3 SKILLS

Straight jump and stop

Star jump

Jumping, turning and clapping at the same time

Seat landing, not returning to feet

ROUTINE:
Tuck jump, half twist jump, star jump

Date Passed

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