



GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 4

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

SECTION A - COMPLETE ALL SKILLS

Seat landing, returning to feet and showing correct positioning of hands

Link 2 half twist jumps and stop

Hands and knees to front landing

SECTION B - COMPLETE 3 SKILLS

Half twist jump, seat landing

Seat landing to feet, half twist jump

Forward roll to sitting position

Repeat a move five times, without any intermediate jump (swingtime)

ROUTINE:
Seat landing to feet, tuck jump, half twist jump

Date Passed

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