



GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 5

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

SECTION A - COMPLETE ALL SKILLS

Straddle jump, touching below knees

Tuck jump showing stretch and good shape

Front landing onto a mat

SECTION B - COMPLETE 3 SKILLS

Hands and knees bouncing, half turn to hands and knees

Arm set, followed by 3 different moves

5 stretch jumps, stop and keep still for 3 seconds

Hands and knees to front landing back to feet

ROUTINE:
Star jump, seat landing, back to feet, tuck jump, half twist jump, straight jump, stop

Date Passed

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