



GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 6

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 half twist to feet

Full twist jump

Front landing to feet

SECTION B - COMPLETE 3 SKILLS

Seat landing half twist to feet, seat landing to feet

Half twist to seat landing, to feet

Pike jump

Back landing on a mat

Review all moves on Grade 4

ROUTINE:
Straddle jump, seat landing to feet, tuck jump, half twist jump, pike jump, seat landing half twist to feet, straight jump, stop

Date Passed