SPRINGFIT
GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 7

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 seat landing, to feet ["swivel hips"]
															Back landing to feet
															Hands and knees bouncing, forward turnover to back to feet
															SECTION B - COMPLETE 3 SKILLS
															Half twist to seat landing, half twist to feet
															Seat landing to hands and knees
															Front landing to feet, seat landing to feet
															Seat landing to feet, front landing to feet
															Review all moves on Grade 5
															ROUTINE: Front landing to feet, tuck jump, half twist jump, straddle jump, seat landing to feet, pike jump, full twist jump, straight jump, stop
															Date Passed

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