



Trampolining Proficiency Awards Level 1

Minimum pass requirement: 75% completed

- ⇒ Behaving well and waiting for turn on trampoline.
- ⇒ Can move or be moved around the trampoline freely.
- ⇒ Climb on to the trampoline find the centre of the bed and climb off safely again.
- ⇒ Gentle Bounce in a standing position.
- ⇒ Bouncing in hands and knees position.
- ⇒ Jumping and turning.
- ⇒ Jumping and Clapping.