



Trampolining Proficiency Awards Level 2

Minimum pass requirement: 75% completed

- ⇒ Perform 3 bounces then stop.
- ⇒ Show and hold a star position.
- ⇒ Quarter turns, either sitting or standing.
- ⇒ Bounce on hands and knees staying in the centre of bed.
- ⇒ Log roll in horizontal position showing control.
- ⇒ Being bounced in a seated position showing strength and control.
- ⇒ Jumps to legs astride and jump to legs together.