



Trampolining Proficiency Awards Level 3

Minimum pass requirement: 75% completed

- ⇒ Jump with arm movements.
- ⇒ Tuck jump.
- ⇒ Half twist jump.
- ⇒ Straight jump and stop.
- ⇒ Star jump.
- ⇒ Jumping, turning and clapping at the same time.
- ⇒ Seat landing, not returning to feet.

Routine:

Tuck jump, half twist jump, star jump.