



Trampolining Proficiency Awards Level 5

Minimum pass requirement: 75% completed

- ⇒ Straddle jump, touching below knees.
- ⇒ Tuck jump, showing stretch and good shape.
- ⇒ Front landing onto a mat
- ⇒ Hands and knees bouncing, half turn to hands and knees.
- ⇒ Arm set followed by three different moves.
- ⇒ 5 stretch jumps, stop and keep still for 3 seconds.
- ⇒ Hands and knees to front landing back to feet.

Routine:

Star jump, seat landing back to feet, tuck jump, half twist jump, straight jump, stop.