



## Trampolining Proficiency Awards Level 6

**Minimum pass requirement: 75% completed**

- ⇒ Seat landing half twist to feet.
- ⇒ Full twist jump.
- ⇒ Front landing to feet.
- ⇒ Seat landing half twist to feet, seat landing to feet.
- ⇒ Half twist to seat landing to feet.
- ⇒ Pike jump.
- ⇒ Back landing on a mat.

### **Routine:**

Straddle jump, seat landing to feet, tuck jump, half twist jump, pike jump, seat landing half twist to feet, straight jump, stop.