

# Trampoline Awards

## Personal Achievement Chart Awards 1 to 5

Name \_\_\_\_\_

	<b>Award 1 - 6 out of 7 moves to be passed</b>	Signature
1	Waiting turn & good behaviour around the trampoline	
2	Mount and dismount to and from a central position	
3	Move, or be moved, freely around the trampoline	
4	Sitting & bouncing/rocking	
5	Standing & bouncing/rocking	
6	Lying on the back & being bounced	
7	Hands & knees bouncing/rocking	

	<b>Award 2 - 6 out of 7 moves to be passed</b>	Signature
1	From seat position, using arm movements, bounce	
2	Hands & knees bouncing	
3	Bounce a number of times & stop	
4	Roll in the horizontal position under control	
5	Quarter twist in an upright position	
6	Seat landing, not returning to feet	
7	Show star position	

	<b>Award 3 - 6 out of 7 moves to be passed</b>	Signature
1	Straight jumping using arms	
2	Jump - puck	
3	Astride Jumping	
4	Jump - half twist	
5	Jump - star	
6	Back bouncing with assistance	
7	In a set number of bounces show at least two skills	

	<b>Award 4 - 6 out of 7 moves to be passed</b>	Signature
1	Jump - tuck, touching below knee cap	
2	Jump - straddle	
3	Seat landing, returning to feet	
4	Link two half twist Jumps	
5	Splits jumps	
6	Hands & knees to front landing	
7	Repeat a skill three times without any intermediate jumps	

	<b>Award 5 - 6 out of 7 moves and the routine to be passed</b>	Signature
1	Five straight jumps, stop & stay still for three seconds	
2	Jump - tuck, with stretch & touch	
3	Jump - piked straddle	
4	Front landing onto a mat	
5	Back landing onto a mat	
6	Seat landing, to feet, jump - half twist	
7	Jump - half twist, seat landing, to feet	
Routine	Jump - straddle, seat landing, to feet, jump - tuck, jump - half twist, jump - straight & stop	