

Trampoline Awards

Personal Achievement Chart Awards 6 to 10

Name _____

	Award 6 - 6 out of 7 moves and the routine to be passed	Signature
1	Seat landing, half twist to feet	
2	Seat landing, half twist to feet, seat landing, to feet	
3	Half twist to seat landing, to feet	
4	Jump - full twist	
5	Jump - pike	
6	Front landing to feet	
7	Forward roll	
Routine	See Overleaf	

	Award 7 - 6 out of 7 moves and the routine to be passed	Signature
1	Half twist to seat landing, half twist to feet	
2	Seat landing, half twist to seat landing (swivel hips), to feet	
3	Back landing, to feet	
4	Hands and knees, forward turnover to back landing, to feet	
5	Seat landing, to hands and knees, to feet	
6	Seat landing, to feet, front landing, to feet	
7	Front landing, to feet, seat landing, to feet	
Routine	See Overleaf	

	Award 8 - 6 out of 7 moves and the routine to be passed	Signature
1	Seat landing, to front landing, to feet	
2	Front landing, to seat landing, to feet	
3	Front landing, half twist to feet	
4	Half twist to front landing, to feet	
5	Back landing, half twist to feet	
6	Half twist to back landing, to feet	
7	Five back bounces	
Routine	See Overleaf	

	Award 9 - 6 out of 7 moves and the routine to be passed	Signature
1	Front landings (piked and straight), to feet	
2	Back landings (piked and straight), to feet	
3	Front landing, to back landing, to feet	
4	Back landing, to front landing, to feet	
5	Three quarter forward turnover, to back landing, to feet	
6	Seat landing, full twist to seat landing (roller), to feet	
7	Backward roll	
Routine	See Overleaf	

	Award 10 - 6 out of 7 moves and the routine to be passed	Signature
1	Seat landing, half twist to back landing, to feet	
2	Back landing, half twist to back landing (cradle), to feet	
3	Front landing, half twist to front landing (turntable), to feet	
4	Hands and knees forward turnover (with tuck and extension), to seat, to feet	
5	Front landing or back landing, full twist to feet	
6	Back landing, back pullover, to feet	
7	Front somersault (tucked) or back somersault (tucked or straight)	
Routine	See Overleaf	

Trampoline Awards

Personal Achievement Chart Awards 6 to 10

Award 6
Jump - straddle
Seat landing
To feet
Jump - tuck
Jump - half twist
Jump - pike
Seat landing
Half twist to feet
Jump - straight
And stop

Award 7
Front landing
To feet
Jump - tuck
Jump - half twist
Jump - straddle
Seat landing
To feet
Jump - pike
Jump - full twist
Jump - straight
And stop

Award 8
Jump - straddle
Seat landing
Half twist to feet
Jump - pike
Front landing
To feet
Jump - tuck
Hands and knees
Forward turnover
To back landing
To feet

Award 9
Jump - full twist
Jump - straddle
Seat landing
Half twist to seat landing
Half twist to feet
Jump - pike
Back landing
Half twist to feet
Jump - tuck
Jump - half twist

Either

Award 10
Jump - full twist
Jump - straddle
Seat landing
Half twist to seat landing
Half twist to feet
Jump - pike
Back landing
Half twist to feet
Jump - tuck
Front somersault (tucked)

Or

Award 10
Back somersault (tucked or straight)
Jump - straddle
Seat landing
Half twist to seat landing
Half twist to feet
Jump - pike
Back landing
Half twist to feet
Jump - tuck
Jump - full twist