

TRAMPOLINE AWARDS

Personal Achievement Chart Awards 1 to 5



Name: _____

Age: _____

Date: _____

| 1 | AWARD ONE | SIGNATURE | DATE PASSED |
|---|---|-----------|-------------|
| 1 | Waiting your turn sensibly and 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 | Being able to sit and bounce/rock | | |
| 5 | Being able to bounce standing | | |
| 6 | Stopping position – Hands out knees bent | | |
| 7 | Hands and knees bouncing | | |

| 2 | AWARD TWO | SIGNATURE | DATE PASSED |
|---|---|-----------|-------------|
| 1 | Using arm circle movements to bounce in seat position | | |
| 2 | Hands and knees bouncing – arms and legs together | | |
| 3 | Bounce a set number of times and stop (hold for 3 seconds) | | |
| 4 | Laying on back horizontally roll using shoulders to initiate twist onto front | | |
| 5 | Quarter twist in upright position | | |
| 6 | Seat drop (Not returning to feet – just the landing) | | |
| 7 | Show the star position (Laying on back open legs and arms then close) | | |

| 3 | AWARD THREE | SIGNATURE | DATE PASSED |
|---|--|-----------|-------------|
| 1 | Straight jumping using arms | | |
| 2 | Pike jump (Touching leg) | | |
| 3 | Astride jumping – (Star shape and close/ legs and arms together) | | |
| 4 | Half twist jump – arms up | | |
| 5 | Star jump | | |
| 6 | Tuck jump (Getting knees up) | | |
| 7 | In a set number of bounces show two skills | | |

| 4 | AWARD FOUR | SIGNATURE | DATE PASSED |
|---|---|-----------|-------------|
| 1 | Tuck jump- touching below the knee cap | | |
| 2 | Straddle jump | | |
| 3 | Seat drop –returning to feet and stretching up | | |
| 4 | Link two half twist jumps | | |
| 5 | Spilt jumping (Opposite arm opposite leg) | | |
| 6 | Hands and knees to front drop – on mat if needed | | |
| 7 | Repeat a skill three times without any in between jumps | | |

| 5 | AWARD FIVE | SIGNATURE | DATE PASSED |
|---|--|-----------|-------------|
| 1 | Five straight jumps and stop (Stay still for 3 seconds) | | |
| 2 | Tuck jump – with stretch and touch | | |
| 3 | Piked straddle jump (pointed toes/ straight legs / body upright) | | |
| 4 | Front drop from standing – onto mat | | |
| 5 | Back landing – onto mat | | |
| 6 | Seat drop half twist to feet (Stretch before and after) | | |
| 7 | Straddle jump, Seat drop to feet, tuck jump, half twist, straight jump and stop. | | |

TRAMPOLINE AWARDS

Personal Achievement Chart Awards 6 to 10



Name: _____

Age: _____

Date: _____

| 6 | AWARD SIX & ROUTINE | SIGNATURE | DATE PASSED |
|---|--|-----------|-------------|
| 1 | Seat drop, half twist to feet | | |
| 2 | Seat drop, half twist to feet, seat landing, to feet | | |
| 3 | Half twist to seat landing to feet | | |
| 4 | Full twist jump – with arms up | | |
| 5 | Pike jump – pointed toes touching below kneecap | | |
| 6 | Front landing to feet | | |
| 7 | Forward roll | | |

| 7 | AWARD SEVEN & ROUTINE | SIGNATURE | DATE PASSED |
|---|--|-----------|-------------|
| 1 | Half twist to seat landing, half twist to feet | | |
| 2 | Swivel hips - Seat landing half twist to seat landing, to feet | | |
| 3 | Back landing to feet | | |
| 4 | Hands and knees forward turn over to back landing, to feet | | |
| 5 | Seat drop to hands and knees to feet | | |
| 6 | Seat drop, to feet, front landing to feet | | |
| 7 | Front landing to feet, seat landing to feet | | |

| 8 | AWARD EIGHT & ROUTINE | SIGNATURE | DATE PASSED |
|---|---------------------------------------|-----------|-------------|
| 1 | Seat drop 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 consecutive back bounces | | |

| 9 | AWARD NINE & ROUTINE | SIGNATURE | DATE PASSED |
|---|---|-----------|-------------|
| 1 | Front landings (Pike/straight) to feet | | |
| 2 | Back landings (Pike/straight) to feet | | |
| 3 | Back landing to front landing to feet | | |
| 4 | Back landing to front landing to feet | | |
| 5 | Three quarter forward turn over to back landing to feet | | |
| 6 | Roller - Seat landing, full twist to seat drop | | |
| 7 | Backwards roll | | |

| 10 | AWARD TEN & ROUTINE | SIGNATURE | DATE PASSED |
|----|--|-----------|-------------|
| 1 | Seat drop, half twist to back landing, to feet | | |
| 2 | Cradle- Back landing, half twist to back landing, to feet | | |
| 3 | Turntable- Front landing, half twist to front landing, to feet | | |
| 4 | Hands and knees forward turn over to seat, to feet | | |
| 5 | Front landing/Back landing, full twist to feet | | |
| 6 | Back landing, back pullover, to feet | | |
| 7 | Front somersault FSS (T) / Back somersault BSS (T) | | |

TRAMPOLINE AWARDS

AWARD 6 to 10 ROUTINES



| NO. | AWARD 6 ROUTINE |
|-----|----------------------|
| 1 | Straddle jump |
| 2 | Seat drop |
| 3 | To feet |
| 4 | Tuck jump |
| 5 | Half twist jump |
| 6 | Pike jump |
| 7 | Seat drop half twist |
| 8 | To feet |
| 9 | One straight jump |
| | And stop. |
| | (total of 9 Jumps) |

| NO. | AWARD 7 ROUTINE |
|-----|-------------------------------|
| 1 | Front landing |
| 2 | To feet |
| 3 | Tuck jump |
| 4 | Half twist jump |
| 5 | Straddle jump |
| 6 | Seat drop |
| 7 | To feet |
| 8 | Pike jump |
| 9 | Full twist jump |
| 10 | One straight jump |
| | And stop. (total of 10 Jumps) |

| NO. | AWARD 8 ROUTINE |
|-----|---------------------------|
| 1 | Straddle jump |
| 2 | Seat drop half twist |
| 3 | To feet |
| 4 | Pike jump |
| 5 | Front landing |
| 6 | To feet |
| 7 | Tuck jump |
| 8 | Hands and knees |
| 9 | Forward turn over to back |
| 10 | To feet |
| | (total of 10 jumps) |

| NO. | AWARD 9 ROUTINE |
|-----|-------------------------|
| 1 | Full twist jump |
| 2 | Straddle jump |
| 3 | Seat drop half twist |
| 4 | To seat drop half twist |
| 5 | To feet |
| 6 | Pike jump |
| 7 | Back landing half twist |
| 8 | To feet |
| 9 | Tuck jump |
| 10 | Half twist |
| | (total of 10 jumps) |

| NO. | AWARD 10 ROUTINE FSS (T) |
|-----|---------------------------|
| 1 | Full twist jump |
| 2 | Straddle jump |
| 3 | Seat drop half twist |
| 4 | To seat drop half twist |
| 5 | To feet |
| 6 | Pike jump |
| 7 | Back landing half twist |
| 8 | To feet |
| 9 | Tuck jump |
| 10 | Front somersault (Tucked) |
| | (total of 10 jumps) |

| NO. | AWARD 10 ROUTINE BSS (T) |
|-----|--------------------------|
| 1 | Full twist jump |
| 2 | Straddle jump |
| 3 | Seat drop half twist |
| 4 | To seat drop half twist |
| 5 | To feet |
| 6 | Pike jump |
| 7 | Back landing half twist |
| 8 | To feet |
| 9 | Tuck jump |
| 10 | Back somersault (Tucked) |
| | (total of 10 jumps) |

