															Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com **Winstrada Aesthetic Sports Development Foundation** **TRAMPOLINING PROFICIENCY GRADE 5** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															5 stretch jumps, stop and keep still for 3 seconds
															Tuck jump showing stretch and good shape
															Front drop (from standing) onto a mattress
															SECTION B – COMPLETE 3 SKILLS
															Hands and knees bouncing, ½ turn to hands and knees
															Straddle jump, touching below knees
															Back drop onto a mat
															Hands and knees to front drop and back to feet
															ROUTINE: Star jump, seat drop to feet, tuck jump, ½ twist jump, straight jump, stop.
															Date passed

Further copies of this sheet can be downloaded from the following website: www.winstrada.com/sdf