															Badge and certificate award sets are available for these grades. Please e-mail the office for an order form: E-mail: Winstrada@Hotmail.com **Winstrada Aesthetic Sports Development Foundation** **TRAMPOLINING PROFICIENCY GRADE 3** **The transition from Rebound Exercises to Trampolining** **Minimal assistance may be given if required.** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Jumping with arm movements.
															Tuck jump.
															Half twist jump.
															SECTION B – COMPLETE 3 SKILLS
															Straight jump and stop.
															Star jump.
															3 bunny hops from hands and knees position.
															Seat drop, not returning to feet.
															ROUTINE: Tuck jump, ½ twist, star position.
															Date passed