| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | **Badge and certificate award sets are available for these grades. Please e-mail the office for an order form:**<br>**E-mail: Winstrada@Hotmail.com**<br><br>**Winstrada Aesthetic Sports Development Foundation**<br><br>**TRAMPOLINING PROFICIENCY GRADE 5**<br><br>**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 onto a mat. |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | **SECTION B – COMPLETE 3 SKILLS** |
| | | | | | | | | | | | | | | | Hands and knees bouncing,<br>½ turn to hands and knees. |
| | | | | | | | | | | | | | | | Straddle jump,<br>touching below knees. |
| | | | | | | | | | | | | | | | Back drop onto a mat. |
| | | | | | | | | | | | | | | | Hands and knees to front drop and back to feet. |
| | | | | | | | | | | | | | | | ROUTINE:<br>Star jump, seat drop to feet,<br>tuck jump, ½ twist jump,<br>straight jump, stop. |
| | | | | | | | | | | | | | | | Date passed |

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