

Award Scheme Coach Trampoline Proficiency Syllabus

Award 1

Waiting turn and good behaviour around the trampoline

Mount and dismount to and from a central position

Move or be moved freely around the trampoline

Sitting and bouncing/rocking

Standing and bouncing/rocking

Lying on the back and being bounced

Hands and knees bouncing/rocking

Award 4

Jump (tucked) touching below the kneecap

Jump (straddled)

Seat landing, returning to feet

Link two half twist jumps

Split jumps

Hand and knees, to front landing

Repeat a skill 3 times, without any intermediate jumps

Award 2

From seat position, using arm movements, bounce

Hands and kneed bouncing

Bounce a set number of times and stop

Roll in the horizontal position, under control

Quarter twist in an upright position

Seat landing, not returning to feet

Show the star position

Award 5

Five jumps (straight), stop and stay still for 3 seconds

Jump (tucked) with stretch and touch

Jump (straddled)

Front landing onto a mat

Back landing onto a mat

Seat landing, to feet, half twist jump

Half twist jump, seat landing, to feet

Award 3

Jump (straight) using arms

Jump (pucked)

Astride jumping

Half twist jump

Star jump

Back bouncing with assistance

In a set number of bounces/jumps show at least 2 skills

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Award 6

Seat landing, half twist to feet
Seat landing, half twist to feet, seat landing, to feet
Half twist to seat landing, to feet
Full twist jump
Front landing, to feet
Jump (piked)
Forward roll

Award 9

Front landing (piked and straight) to feet
Back landing (piked and straight) to feet
Front landing, to back landing, to feet
Back landing, to front landing, to feet
Three quarter forward turnover to back landing, to feet*
Seat landing, full twist to seat (roller), to feet
Backward roll

Award 7

Half twist to seat landing, half twist to feet
Seat landing, half twist to seat landing (swivel hips), to feet
Back landing, to feet
Hands and knees forward turnover to back, to feet*
Seat landing to hands and knees, to feet
Seat landing, to feet, front landing, to feet
Front landing, to feet, seat landing, to feet

Award 8

Seat landing, to front landing, to feet
Front landing, to seat landing, to feet
Front landing, half twist to feet
Half twist to front landing, to feet
Back landing, half twist to feet
Half twist to back landing to feet
Five back bounces

*Syllabus Regulations:

The ASC can work up to Award 9 from the trampoline proficiency award scheme. The hands and knees forward turnover from Award 7 and the three quarter forward turnover from Award 9 must be taught by a minimum Level 2 coach. Once taught, and the participant is deemed competent the ASC can then supervise these moves.