

Greenwich Bouncers

Trampoline Academy



AWARD 1

Compulsory moves:

- ✚ Waiting quietly for a turn, good behavior around the trampoline
- ✚ Mount and dismount from a central position on the trampoline
- ✚ Can move or be moved freely around the trampoline
- ✚ Sitting and bouncing/rocking
- ✚ Standing and bouncing/rocking
- ✚ Lying on back and being bounced
- ✚ Hands and Knees bouncing/rocking

AWARD 2

Compulsory moves:

- ✚ From seat position, using arm movements, bounce
- ✚ Hands and knees bouncing
- ✚ Bounce a set number of times and stop
- ✚ Roll in horizontal position (in control)
- ✚ ¼ turn in an upright position
- ✚ Seat drop, not returning to feet
- ✚ Show the star position

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AWARD 3

Compulsory moves:

- ✚ Straight jumping with arm movements
- ✚ Puck jump
- ✚ Astride jump
- ✚ 1/2 twist jump
- ✚ Star jump
- ✚ Back bouncing (with assistance)
- ✚ In a set number of bounces/jumps, show at least two skills

AWARD 4

Compulsory moves:

- ✚ Tuck jump, touching below the kneecap
- ✚ Straddle jump
- ✚ Seat drop, returning to feet
- ✚ Link two 1/2 twist jumps
- ✚ Split jump
- ✚ Hands and knees, to front drop
- ✚ Repeat a move 3 times, without any intermediate jump (swingtime)

Routine 1

Seat drop to feet, Tuck jump, 1/2 twist jump



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AWARD 5

Compulsory moves:

- + 5 straight jumps , stop and stay still for 3 seconds
- + Tuck jump with stretch and touch
- + Piked straddle jump
- + Front drop onto a mat
- + Back landing onto a mat
- + Seat drop to feet, ½ twist jump
- + ½ twist jump, seat drop to feet

Routine 1

1. Straddle jump
2. Seat drop
3. to feet
4. Tuck jump
5. Half twist jump
6. Straight jump and stop

Routine 2

1. Seat drop
2. to feet
3. Tuck jump
4. Half twist jump
5. Straddle jump
6. Straight jump and stop