															Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit the website: www.Winstrada.com **Winstrada Aesthetic Sports Development Foundation** **TRAMPOLINING PROFICIENCY GRADE 3** **The transition from Rebound Exercises to Trampoline** **Minimal assistance may be given if required (grades 1-3 only).** **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

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