ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION C

~ JUMP TO LEGS ASTRIDE - STOP - STILLNESS
~ JUMP TO LEGS ASTRIDE, JUMP LEGS TOGETHER - STOP - STILLNESS
~ JUMP TO LEGS ASTRIDE - BRING ARMS UP, JUMP TO LEGS TOGETHER, BRING ARMS DOWN
~ LOG ROLL IN HORIZONTAL POSITION, SHOWING CONTROL

SECTION D

~ WALK ALONG CENTRE LINE, TURN ROUND AND WALK BACK
~ RUN ON SPOT IN CENTRE
~ RUN ON SPOT IN CENTRE - ALTERNATE KNEE SLAPPING
~ RUN ON SPOT - LOW CROSSOVER (RIGHT HAND TO LEFT LEG, LEFT HAND TO RIGHT LEG)

SECTION E

~ HIGH KNEELING - POP TO STAND TO STILLNESS
~ HIGH KNEELING - SWIMMING ARMS TO STAND - STILLNESS
~ HIGH KNEELING POSITION - TWIST TO LONG SITTING (HARRISON SWIVEL)
~ HARRISON SWIVEL - TO STAND - STILLNESS
~ HARRISON SWIVEL - TO STAND - STILLNESS - ABLE TO PERFORM LEFT AND RIGHT TWIST
~ HANDS AND KNEES POSITION - SLIDE TO PLANK (ON MATTRESS)
~ QUARTER TURNS IN HANDS AND KNEES POSITION
WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

TRAMPOLINING PROFICIENCY GRADE 3
THE TRANSITION FROM REBOUND EXERCISES TO TRAMPOLINING

MINIMAL ASSISTANCE MAY BE GIVEN IF REQUIRED

SECTION A - Complete all skills

~ STRAIGHT 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
~ SEAT DROP, NOT RETURNING TO FEET

ROUTINE

~ TUCK JUMP, 1/2 TWIST JUMP, STAR POSITION.

www.winstrada.com