



WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

REBOUND EXERCISES GRADE 2 CONTINUED

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**



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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.

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