

Trampoline and Tumbling Skills

Red – Level I

1. Trampoline

- a. Safety rules and procedures – posted on wall (no horse play)
- b. On and off procedures – walk on, bounce, stop & walk off
- c. Stopping drill
- d. Arm circle jumping – arms moving upwards in front
- e. Straight arm bounce technique
- f. Straddle jump
- g. Tuck jump
- h. Pike jump
- i. Jump $\frac{1}{2}$ turn

2. Tumble Trampoline

- a. Small bunny hops down trampoline
- b. From a slow run to 3 straight jumps
- c. From a slow run to 2 straight jumps

3. Tumbling

- a. Forward roll tucked
- b. Log rolls
- c. 3 Forward rolls connected
- d. 10 Mountain climbers

Trampoline and Tumbling Skills

White – Level 2

1. Trampoline

- a. Tuck jump with slide out
- b. Straddle jump with slide out
- c. Pike jump with slide out
- d. Tuck jump with slide out on the way up
- e. Straddle jump with slide out on the way up
- f. Seat drop
- g. Seat drop, doggie drop (hands and knees)
- h. Seat-Doggie-Seat-Foot
- i. Seat, ½ turn, feet (arms up at finish)

2. Tumble Trampoline

- a. Small bunny hops to a straddle jump
- b. Small bunny hops to a tuck jump
- c. Small bunny hops to a half-turn jump
- d. Small bunny hops to a pike jump

3. Tumbling

- a. Back straddle roll on wedge
- b. Back pike roll on wedge
- c. Back tuck roll on wedge
- d. Forward straddle roll on wedge
- e. 5 second – 45 degree Kick Handstands both legs

Trampoline and Tumbling Skills

Blue – Level 3

Trampoline

- a. Seat, $\frac{1}{2}$ turn one bounce, seat
- b. Seat, $\frac{1}{2}$ turn, seat (swivel hips)
- c. Front drop on resi
- d. Seat, doggie, front drop, feet
- e. Front drop from a stand on 2 sting mats on tramp
- f. Front drop from a stand on black tramp
- g. Front drop from small bounce
- h. Front drop, seat drop
- i. Front drop, $\frac{1}{4}$ turn to feet

Tumble Trampoline

- a. Slow run, straight jump, tuck jump dismount
- b. Slow run, straight jump, straddle dismount
- c. Straight, straddle, straddle
- d. Straight, tuck, tuck
- e. Slow run, tuck jump, straddle dismount
- f. Straight jump, $\frac{1}{2}$ turn, back jump off

Tumbling

- a. 5 kick handstands each leg
- b. Side cartwheel
- c. Front cartwheel
- d. Back tuck roll on floor
- e. Back straddle roll on floor

Trampoline and Tumbling Skills

Bronze – Level 4

Trampoline

- a. Seat drop, straddle to Front drop on sting mat
- b. Back drop on resi
- c. Back drop on tramp on sting mat
- d. Back drop on tramp from 1 jump
- e. Back drop from bounce
- f. Back drop, doggie drop on throw mat

Tumble Trampoline

- a. Run, tuck jump, 1/2 turn
- b. Run, straddle jump, tuck jump
- c. Run, pike jump, straddle jump

Tumbling

- a. Cartwheel step-ins.
- b. Round offs
- c. Mat bridge kick over or back bend kick over or back walk over

Trampoline and Tumbling Skills

Silver – Level 5

Trampoline

- a. Seat drop, pike to tummy
- b. Jump $\frac{1}{1}$ turn
- c. Fall forward & $\frac{1}{2}$ turn to back drop on resi
- d. Forward roll on tramp
- e. Handstand roll down on 5" mat
- f. Seat, doggie, hand stand
- g. Seat, doggie, handstand roll down
- h. Back drop, $\frac{1}{2}$ turn to feet
- i. Front, seat, doggy, back
- j. Seat, doggie, forward roll

Tumble trampoline

- a. Bunny hops, stop, forward roll
- b. Bunny hops to roll on resi
- c. Bunny hops, dive roll onto resi – land on back (**spotted**)

Tumbling

- a. Standing jump backs onto resi
- b. Handstand against wall and snap down rebound
- c. Spotted Standing back handspring on floor
- d. Standing back handspring in belt on trampoline

Trampoline and Tumbling Skills

Gold – Level 6

Trampoline

- a. Back drop, front drop onto throw mat
- b. Front drop, back drop
- c. Half airplane
- d. Back drop ½ turn to feet, back drop
- e. Cradle
- f. Tummy, ¼ turn stand, ¼ turn tummy
- g. ¾ front to stand
- h. Seat, doggie, front flip to seat or feet
- i. Front flip, tucked
- j. Back tuck

Tumble Tramp

- a. Bunny hops to front tuck
- b. Run, front tuck
- c. Run, tuck jump, front tuck

Tumbling

- a. Power hurdle round off jump back onto Resi
- b. Step skip round off rebound onto Resi
- c. Back handspring on trampoline