



YEAR 7 TRAMPOLINING WORKSHEET



Name: _____

Class: _____

Note: Not all participants will necessarily complete all these skills.

Skill \ Date:						
Understands safety						
Stopping safely						
10 bounce time 'from 3'						
Tuck Jump						
Pike Jump						
Straddle Jump						
½ Twist Jump						
Seat Landing						
Full Twist Jump						
Seat Landing ½ Twist to Feet						
Swivel Hips						
Back Bounce						
Back Landing						
Back Landing ½ Twist to Feet						
H&K to Front Landing						
Front Landing						
7 bounce routine						
10 bounce routine A						
10 bounce routine B						

Key to progress: Blank – Not started yet. ☒ – Not mastered it yet. 😊 – Got it but needs improving. 😄 – Good to compete.

7 bounce routine

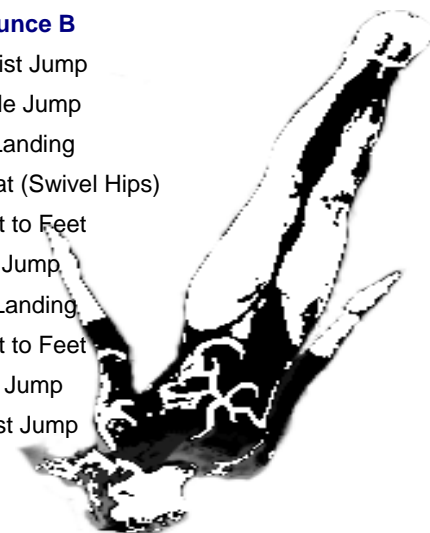
- 1 ½ Twist Jump
- 2 Straddle Jump
- 3 Seat Landing
- 4 ½ Twist to Feet
- 5 Pike Jump
- 6 Tuck Jump
- 7 Full Twist Jump
- 8
- 9
- 10

10 bounce A

- 1 Full Twist Jump
- 2 Straddle Jump
- 3 Seat Landing
- 4 ½ Twist to Seat (Swivel Hips)
- 5 To Feet
- 6 Straight Jump
- 7 Pike Jump
- 8 Tuck Jump
- 9 Seat Landing
- 10 ½ Twist to Feet

10 bounce B

- 1 Full Twist Jump
- 2 Straddle Jump
- 3 Seat Landing
- 4 ½ Twist to Seat (Swivel Hips)
- 5 ½ Twist to Feet
- 6 Pike Jump
- 7 Back Landing
- 8 ½ Twist to Feet
- 9 Tuck Jump
- 10 ½ Twist Jump



Safety Issues:

Clothing: Appropriate = soft, no buckles, toggles or hoods. Feet covered (socks). Long hair tied back. NO jewellery.

Behaviour: Appropriate = follow all instructions immediately, staying at side of trampoline watching colleagues whilst waiting go, one per trampoline only, no going under the trampoline, only attempt skills instructed.

Medical: Appropriate = inform coach at once if any health issues may affect your participation or if hurt whilst trampolining.

More information: <http://www.brentwoodtc.org/Technical.htm>