

Trampolining

All candidates should be able to **assist a trained trampoline teacher** to fold and unfold a trampoline. No candidate should be required to get out or put away a trampoline without the **physical involvement** of a qualified trampoline teacher.

Safety

all candidates are required to mount and dismount in a safe and recognised manner

all candidates must spot safely

all candidates should perform in correct and suitable clothing.

Basic and Advanced Skills

Basic jumps:

checking/stopping
 good controlled straight bouncing
 tuck jump
 pike jump
 straddle jump
 half-twist jump.

Basic landing positions:

seat drop
 front drop
 back drop.

Twists (basic):

There are two ways to initiate a twist:
 whilst in contact with the bed – with feet or other body part
 when in the air – eg when exiting from a shape.
 full twist jump – decreasing and increasing inertia – contact
 seat drop half twist to feet – contact
 half twist to seat drop – contact
 tuck jump with half twist out of the shape to feet – aerial.

Shaped drops:

front drop – tucked
 front drop – piked
 back drop – piked with extension for landing
 back drop – tucked, with extension for landing.

Combinations (basic) :

seat drop to front drop
 front drop to seat drop
 seat drop half twist to seat drop – swivel hips.

Combinations (twisting and rotation)

front drop half twist to feet
 half twist to front drop
 back drop half twist to feet
 half twist to back drop.

Advanced twists:

back drop half twist to front drop
 back drop full twist to feet
 full twist to back drop
 back drop, half-twist to back drop (cradle) early twist = contact late twist = aerial
 half turntable
 back drop, full-twist to back drop (cat twist)
 one and a half twist jump.

Basic somersaults:	back drop to front drop – 180° forward rotation hands and knees forward turnover to back hands and knees forward turnover with tuck and extension to seat three quarter front somersault to back, to feet – the ¾ front and the ¼ to feet = 360° rotation front somersault to feet front drop to back drop – 180° backward rotation back pull over to front drop back pull over to feet back somersault to feet.
Advanced somersaults	front somersault – piked back somersault – piked back somersault – straight barani – any shape.
Candidates will be required to submit a written outline of the routine to be performed.	

Trampolining: Skills List

<i>Jumps</i>	Basic jumps: <ul style="list-style-type: none"> • checking/stopping • good controlled straight bouncing • tuck • pike • straddle • half twist • full twist 	
<i>Basic Landing Positions</i>	Basic landing positions: <ul style="list-style-type: none"> • seat drop • front drop • back drop 	
<i>Combinations</i>	Combinations (basic): <ul style="list-style-type: none"> • seat drop to front drop • front drop to seat drop 	Combinations (twist and rotate): <ul style="list-style-type: none"> • seat drop, half twist to feet • half twist to seat drop • front drop, half twist to feet • half twist to front drop
<i>Twist</i>	Basic twists: <ul style="list-style-type: none"> • seat drop, half twist, seat drop (swivel hips) • back drop, half twist to feet • half twist to back 	Advanced twists: <ul style="list-style-type: none"> • seat drop, full twist, seat drop (roller) • back drop, full twist to feet • back drop, half twist to back drop (cradle) • half turntable • back drop, full twist to back drop (cat twist) • full turntable
<i>Somersaults</i>	Basic somersaults: <ul style="list-style-type: none"> • hands and knees forward turnover to back • hands and knees forward turnover to back with tuck feet • back pull over to feet • back pull over to front drop • front drop to back drop • back door to front drop • ¾ front somersault to back drop • front somersault to feet • back somersault to feet 	

Mark Band	Gymnastics Activities – Trampolining
9 – 10	<p>Candidate should be able to perform all the combinations, two of the advanced twists and two of the basic somersaulting moves, one of which should be either a front or back somersault (tucked). Shows very good style and control in the simple moves and combined moves in isolation. Works at very good height. Somersault moves are technically correct i.e. 'GOOD FORM' in terms of a) good lift on take off b) good phasing of moves c) drive after lift d) good lines and tension e) minimal travel</p> <p>Candidate should be able to perform a 10 bounce routine. An example is shown below:</p> <p>1. Full-twist 2. Pike jump 3. Seat drop 4. Half-twist to seat drop 5. To feet 6. Straddle jump 7. Back drop 8. To feet 9. Tuck jump 10. Front somersault (tucked)</p> <p>Candidate should show an out bounce and controlled stop.</p> <p>Candidate may wish to show a more difficult routine.</p>
7 – 8	<p>Candidate should be able to perform all the combinations, two of the basic twists, one of the advanced twists, and two of the basic somersaulting moves. The more difficult combinations e.g. the roller, may show insufficient lift or the body may turn into a pike position. The twist may be initiated too early or the landing may not be in the correct line down the bed. The somersaulting moves may be too open, resulting in under rotation. Rotation may start too early or the move may be too low.</p> <p>Candidate should be able to perform a 10 bounce routine. An example is shown below:</p> <p>1. Half-twist to front drop 2. To feet 3. Half-twist 4. Tuck jump 5. Seat drop 6. Half-twist to seat drop 7. Half-twist to feet 8. Pike jump 9. Straddle jump 10. Full jump.</p>
5 – 6	<p>Candidate should be able to perform all the basic jumps, all basic landing positions, four combinations and one of the basic twists. The simple moves, either as isolated actions or in the routine should be good in terms of both style and technique.</p> <p>Candidate should be able to perform a 10 bounce routine. An example is shown below:</p> <p>1. Half-twist 2. Tuck jump 3. Seat drop 4. Half-twist to seat drop 5. To feet 6. Pike jump 7. Back drop 8. To feet 9. Straddle jump 10. Full-twist</p>
3 – 4	<p>Candidate should be able to perform two of the basic landing positions and two of the combinations. At this level the simple shaped moves be done with some style; the straight bounces show some sign of the arrow shape. The seat drop should be controlled and show tension, though in the front drop, travel may be apparent, and elbows/arms may take too much of the weight. There may be some over or under rotation. In the back drop, travel may be again be apparent, with landing either too high or too low. Again the movement may lack tension and style. There may be poor co-ordination of leg and arm beat and no displacement of the hips. The combination moves may lack height, style and control and may need to be attempted more than once.</p> <p>Candidate should be able to perform an 8 bounce routine. Three examples are shown below:</p> <p>1. Seat drop 2. To feet 3. Tuck jump 4. Pike jump 5. Straddle jump 6. Half-twist 7. Front drop 8. To feet</p> <p>1. Full-twist 2. Straddle jump 3. Seat drop 4. Half-twist to seat drop 5. To feet 6. Tuck jump 7. Front drop 8. To feet</p> <p>A further development could be:</p> <p>1. Full-twist 2. Straddle jump 3. Seat drop 4. Half-twist to seat drop 5. Half-twist to feet 6. Pike jump 7. Back jump 8. Half-twist to feet</p>
1 – 2	<p>Candidate should be able to perform all the basic jumps and one of the basic landing positions and one of the combinations. A candidate gaining a mark of 2 may be able to show one of the combinations. He/she will also show more control, especially in the shaped jumps and tuck should show a tighter shape with the body/thigh angle more than 90 degrees. In both the pike and the straddle, the body will fold immediately on take-off and there will be insufficient leg lift. The half and full twist may lack body tension, legs may open and arm action poorly co-ordinated. In the seat drop, the landing position may show rounded upper body, with hands not set behind the hips in the landing and toes not pointing. There will be no apparent push from the hands on to the bed to assist the recovery. The move will again lack tension.</p> <p>Candidate should be able to perform a 6 bounce routine. Two examples are shown below:</p> <p>1. Seat drop 2. To feet 3. Tuck jump 4. Pike jump 5. Straddle jump 6. Half twist</p> <p>1. Seat drop 2. To front drop 3. To feet 4. Half-twist 5. Tuck jump 6. Pike jump</p>

Trampolining: Skills List

Level	1-2	3-4	5-6	7-8	9-10
Routine	<p>Candidates should be able to perform a 6 bounce routine. Two examples are shown below:</p> <ol style="list-style-type: none"> 1. Seat drop 2. To front drop 3. To feet 4. Half-twist 5. Tuck jump 6. Pike jump 	<p>Candidates should be able to perform an 8 bounce routine. Three graded examples are shown below:</p> <ol style="list-style-type: none"> 1. Seat drop 2. To feet 3. Tuck jump 4. Pike jump 5. Straddle jump 6. Half-twist 7. Front drop 8. To feet <p>A further development could be:</p> <ol style="list-style-type: none"> 1. Full-twist 2. Straddle jump 3. Seat drop 4. Half-twist to seat drop 5. Half-twist to feet 6. Pike jump 7. Back drop 8. Half-twist to feet 	<p>Candidates should be able to perform a 10 bounce routine. An example is shown below:</p> <ol style="list-style-type: none"> 1. Half-twist 2. Tuck jump 3. Seat drop 4. Half-twist to seat drop 5. To feet 6. Pike jump 7. Back drop 8. To feet 9. Straddle jump 10. Full-twist 	<p>Candidates should be able to perform a 10 bounce routine. An example is shown below:</p> <ol style="list-style-type: none"> 1. Half-twist to front drop 2. To feet 3. Half-twist 4. Tuck jump 5. Seat drop 6. Half-twist to seat drop 7. Half-twist to feet 8. Pike jump 9. Straddle jump 10. Full-twist 	<p>Candidates should be able to perform a 10 bounce routine. An example is shown below:</p> <ol style="list-style-type: none"> 1. Full-twist 2. Pike jump 3. Seat drop 4. Half-twist to seat drop 5. To feet 6. Straddle jump 7. Back drop 8. To feet 9. Tuck jump 10. Front somersault (tucked) <p>Candidates should show an out bounce and controlled stop. Candidates may wish to show a more difficult routine.</p>