							Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com Winstrada TRAMPOLINING PROFICIENCY GRADE 3 The transition from Rebound Exercises to Trampoline Suggested requirements to complete the grade and gain the award: Complete all skills in Section A, three in Section B, plus the routine. OR If using this grade with the Huddersfield Functional Index, a minimum HFI score of 15 is recommended
							SECTION A - COMPLETE ALL SKILLS
							Jumping with arm movements.
							2. Tuck jump.
							3. Half twist jump.
							SECTION B - COMPLETE 3 SKILLS
							4. Straight jump and stop.
							5. Star jump.
							3 bunny hops from hands and knees position.
							7. Seat drop, not returning to feet.
							ROUTINE: 8. Tuck jump, ½ twist, star position.
							HFI Total (if used)
							Date award passed