															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 Trampolining** **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
															1. Jumping with arm movements
															2. Tuck jump
															3. Half twist jump
															SECTION B – COMPLETE 3 SKILLS
															4. Straight jump and stop
															5. Star jump
															6. 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