

# personal achievement chart

## Awards 1-5

Name.....

**1**

achieve any 6 out of the 7 activities

	date	signature
1. Waiting turn and good behaviour around the trampoline		
2. Mount and dismount to and from a central position		
3. Move or be moved freely around the trampoline		
4. Sitting and bouncing/rocking		
5. Standing and bouncing/rocking		
6. Lying on the back and being bounced		
7. Hands and knees bouncing/rocking		

**2**

achieve any 6 out of the 7 activities

	date	signature
1. From seat position, using arm movements, bounce		
2. Hands and knees bouncing		
3. Bounce a set number of times and stop		
4. Roll in the horizontal position, under control		
5. Quarter twist in an upright position		
6. Seat landing, not returning to feet		
7. Show the star position		

**3**

achieve any 6 out of the 7 activities

	date	signature
1. Jump (straight) using arms		
2. Jump (pucked)		
3. Astride jumping		
4. Half twist jump		
5. Star jump		
6. Back bouncing with assistance		
7. In a set number of bounces/jumps show at least 2 skills		

**4**

achieve any 6 out of the 7 activities

	date	signature
1. Jump (tucked) touching below the kneecap		
2. Jump (straddled)		
3. Seat landing, returning to feet		
4. Link two half twist jumps		
5. Split jumps		
6. Hands and knees, to front landing		
7. Repeat a skill 3 times, without any intermediate jumps		

**5**

achieve any 6 out of the 7 activities plus the routine

	date	signature
1. Five jumps (straight), stop and stay still for 3 seconds		
2. Jump (tucked) with stretch and touch		
3. Jump (straddled)		
4. Front landing onto a mat		
5. Back landing onto a mat		
6. Seat landing, to feet, half twist jump		
7. Half twist jump, seat landing, to feet		
<b>Routine</b> - Jump (straddled), Seat landing, To feet, Jump (tucked), Half twist Jump, Jump (straight) and stop		



proficiency awards  
trampoline