

# personal achievement chart

## Awards 6-10

Name.....

6

achieve any 6 out of the 7 activities plus the routine	date	signature
1. Seat landing, half twist to feet		
2. Seat landing, half twist to feet, seat landing, to feet		
3. Half twist to seat landing, to feet		
4. Full twist jump		
5. Front landing, to feet		
6. Jump (piked)		
7. Forward roll		
<b>Routine</b> - Jump (straddled), Seat landing, To feet, Jump (tucked), Half twist jump, Jump (piked), Seat landing, Half twist to feet, Jump (straight) and stop		

7

achieve any 6 out of the 7 activities plus the routine	date	signature
1. Half twist to seat landing, half twist to feet		
2. Seat landing, half twist to seat landing (swivel hips), to feet		
3. Back landing, to feet		
4. Hands and knees forward turnover to back, to feet		
5. Seat landing to hands and knees, to feet		
6. Seat landing, to feet, front landing, to feet		
7. Front landing, to feet, seat landing, to feet		
<b>Routine</b> - Front landing, To feet, Jump (tucked), Half twist jump, Jump (straddled), Seat landing, To feet, Jump (piked), Full twist jump, Jump (straight) and stop		

8

achieve any 6 out of the 7 activities plus the routine	date	signature
1. Seat landing, to front landing, to feet		
2. Front landing, to seat landing, to feet		
3. Front landing, half twist to feet		
4. Half twist to front landing, to feet		
5. Back landing, half twist to feet		
6. Half twist to back landing to feet		
7. Five back bounces		
<b>Routine</b> - Jump (straddled), Seat landing, Half twist to feet, Jump (piked), Front landing, To feet, Jump (tucked), Hands and knees, Forward turnover to back, To feet		

9

achieve any 6 out of the 7 activities plus the routine	date	signature
1. Front landings (piked and straight) to feet		
2. Back landings (piked and straight) to feet		
3. Front landing, to back landing, to feet		
4. Back landing, to front landing, to feet		
5. Three quarter forward turnover to back landing, to feet		
6. Seat landing, full twist to seat (roller), to feet		
7. Backward roll		
<b>Routine</b> - Full twist jump, Jump (straddled), Seat landing, Half twist to seat, Half twist to feet, Jump (piked), Back landing, Half twist to feet, Jump (tucked), Half twist jump		

10

achieve any 6 out of the 8 activities plus either routine	date	signature
1. Seat landing, half twist to back landing, to feet		
2. Back landing, half twist to back landing (cradle), to feet		
3. Front landing, half turn to front landing (half turntable), to feet		
4. Hands and knees forward turnover (with tuck and extension) to seat, to feet		
5. Front landing or back landing, full twist to feet		
6. Full twist to back landing, to feet		
7. Back landing, back pullover to feet		
8. Front somersault (tucked) or back somersault (tucked or straight)		
<b>Routine A</b> - Full twist jump, Jump (straddled), Seat landing, Half twist to seat, Half twist to feet, Jump (piked), Back landing, Half twist to feet, Jump (tucked), Front somersault (tucked) <b>Routine B</b> - Back somersault (tucked or straight), Jump (straddled), Seat landing, Half twist to seat, Half twist to feet, Jump (piked), Back landing, Half twist to feet, Jump (tucked), Full twist jump		



proficiency awards  
trampoline