

## Trampoline Gymnastics Level 1 (Cycle 6) Syllabus

### **Fitness and Well-being - Physical Preparation:**

Warm up

Flexibility training

Basic conditioning

Additional conditioning exercises

### **Individual Skills:**

Landings and controlling the trampoline bed

Jumping and stopping: straight, tucked, piked and straddled jumps

Seat landings; front landings and back landings

Jump with  $\frac{1}{2}$  and full twist

Twists into body landings

Twists from body landings

Twists between body landings

Forwards and backwards rolls

Hands and knees turnover to back

$\frac{3}{4}$  forwards somersault to back

Simple drills and routines using the above skill

**Note:** Level 1 coaches are not qualified to support somersaults without another assistant coach. However with additional training, the assistant coach may assist a more highly qualified coach to support somersaults.