

Trampoline Gymnastics Level 2 (Cycle 6) Syllabus

Practical Delivery:

Forwards and backwards rolls
Rotation from seat, front and back landings
Shaping of all skills, tucked piked and straight
Combinations of the above skills
Competence in using the overhead rig
Progressions leading to forwards somersaults, tucked and piked
Progressions leading to backwards somersaults tucked, piked and straight
Backwards somersault to seat landing
Barani (tucked, piked and straight)
 $\frac{3}{4}$ forwards somersault straight
 $\frac{3}{4}$ backwards somersault
Teach a pupil to assist the supporting of somersaults
Competition procedure including constructing and coaching routines (including 1.5 turn) and drills

Note: Safe and effective use of supporting, push in mats and kipping and the overhead rig must be applied to the teaching of the above skills where appropriate.