

Trampoline Gymnastics Level 3 (Cycle 6) Syllabus

Technical Module 1

Mechanical principles:

Contact phases and applying mechanics to body landings
Use of overhead rig

Guidelines for teaching trampoline skills:

1¼ forwards somersault
1¼ backwards somersault
Backwards cody
Ball out barani
Forwards kaboom and forwards cody
Backwards kaboom

The level 3 trampoline gymnastics modules must be taken in sequence.

The level 3 theory forms part of the level 3 qualification and this can be taken at any time during the learner's progressions through the modules.

Technical Module 2

Mechanics of twisting:

Coaching individual somersaults with twist

- Preparatory twisting skills
- Cruising
- Sideways somersault
- Straight barani
- ½ twist to ¾ forwards somersault
- Rudolph
- Double full
- Ball out rudi
- Baby fliffus
- Barani to back

Technical Module 3

Practical Delivery:

On bed physical preparations
Progressive routines
Styles of coaching
Drills
1¾ forwards somersault tucked
Sideways somersault

Technical Module 4

Introducing Double Somersaults:

Half out somersault progressions
Double backwards somersault progressions

Learning Management Systems:

Skill confusion
National technical priorities
Terminology