

## Trampoline Special Needs Coach (Cycle 5) Syllabus

### Practical:

Warm up/cool down  
Progressive practices for all skills  
Fault diagnosis and correction  
Manual supports  
Use of ancillary equipment  
Control of the force of the trampoline  
Direction of assistants

### One Star Skills:

Waiting turn and good behaviour around trampoline  
Mount and dismount to and from central position on the trampoline  
Move and be moved around ten trampoline  
From centre of trampoline, initiating deliberate and controlled movement  
Standing and bouncing  
Sitting and bouncing  
Lying on back and bouncing  
Hands and knees bouncing

### Two Star Skills:

From seat position using arm movement, bounce and stop  
Hands and knees bouncing  
Bounce/jump a set number of times and stop  
Quarter turn in a upright position - i.e. on feet sifting  
Quarter turn from horizontal position i.e. roll  
Star position - may be on the bed or in the air

### Three Star Skills:

Straight jumping with arm movements  
Seat drop not returned to feet  
Puck-jump  
Half twist jump  
Star-jump  
Back bouncing

### Four Star Skills:

Jumping astride  
Seat drop to feet  
Tuck jump  
Link two half twist jumps  
Link three moves not repeating a move  
Hands and knees to front drop, showing control  
Swingtime movement

### Five Star Skills:

Seat drop to feet, half twist jump, seat drop to feet  
Split-jumping  
Piked straddle jump  
Front drop from standing  
Seat drop, half twist to feet  
Link five moves not repeating a move  
Backdrop to safety mat