

Amped Trampoline Proficiency Level 1

Term Plan

Week	Drops	Flips
1 - 2	<ul style="list-style-type: none"> - Straight Jumps - Tuck Jumps - Basic Trampoline Shapes - Seat Drop - Knee Drop 	<ul style="list-style-type: none"> - Forward Roll
3 - 4	<ul style="list-style-type: none"> - Seat & Knee Drops Combo - 1/2 Twist to Seat/Knee Drops - Tabletop to Front Drop 	<ul style="list-style-type: none"> - Front Peanut
5 - 7	<ul style="list-style-type: none"> - Routine Preparation 	<ul style="list-style-type: none"> - Front Flip
8	<ul style="list-style-type: none"> - Skills Assessment & Routine Performance - Awarding of Wristband & Certificate 	

* Lesson objectives may be altered to fit individual students' capabilities.

Term Objectives

Drops/Jumps	Flips
Straight Jump	Forward Roll
Tuck Jump	Front Peanut
Knee Drop	
Seat Drop	
1/2 Twist to Seat & Knee Drops	
Seat & Knee Drops Combo	

ROUTINE

1. Seat Drop
2. Knee Drop
3. 1/2 Twist to Seat Drop
4. To feet
5. 1/2 Twist Jump
6. Tuck Jump
7. Seat Drop
8. 1/2 twist to knee drop
9. Seat Drop
10. To feet