

Amped Trampoline Proficiency Level 2

Term Plan

Week	Drops	Flips
1 - 2	<ul style="list-style-type: none"> - Straddle Jump - Full twist Jump - Tabletop to Front Drop 	- Front Peanut on Trampoline
3 - 4	<ul style="list-style-type: none"> - Knee Drop to Front Drop - Sit Drop to Tabletop to Front Drop 	- Front Tuck into Foampit
5 - 7	- Routine Preparation	
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
Straddle Jump	Front Peanut (on trampoline)
Full Twist Jump	Front Tuck (into foam pit)
Seat Drop > Tabletop > Front Drop Combo	
Knee Drop > Front Drop Combo	

ROUTINE

1. Seat drop
2. Tabletop
3. Front drop
4. Knee drop
5. To feet
6. Straddle jump
7. Full Twist
8. Knee Drop
9. Front Drop
10. To feet