

TRAMPOLINING



Straight jump

Star jump



Tuck jump



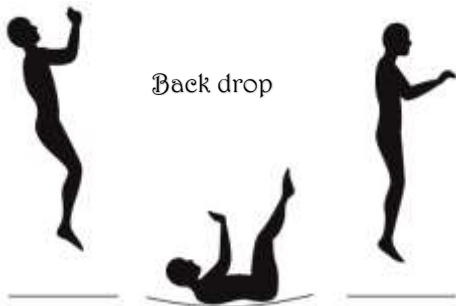
Straddle jump



Pike jump



Seat drop



Back drop



Twists



Swing hips

1.

Front drop



TRAMPOLINING STEPS TO SUCCESS:

- Stay on the cross
- Body tension
- Extension
- Height in the air
- Pointed toes when jumping

TASK:

Can you write your own 10 bounce routine using the skills above?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.