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Date: 30 January 2022

Schools Course and Price List 2022



Age Groups: specify course minimum age requirements. All courses require coaches of 18 years and older. Under 18's may complete courses but are only qualified to assist until turning 18. All qualifications have a 3-year validation. Participants after 3 years require a refresher course (some are available online; some in person).

Prices: All Prices are plus VAT quoted in pound sterling. Please email for prices for closed courses with more than one step.

Weekend: Closed Courses held Sat / Sun require an £100 per day additional fee.

Closed Courses: courses specifically for an Organisation / college / school. Course prices are shown alongside the maximum course participants. Where variable prices are shown, the first is with 1 trampoline and the second with 2 trampolines or more available.

Steps: some courses run sequentially. These steps are indicated in the tables by colour.

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Gymnastics (Information See Pages 3-5)

Course Title	Age Groups	Hours	Open Course Price (P/P)	Closed course Price	Max number Closed course
Gymnastics Disabilities (Full Course)	15yrs+ (Assist) 18yrs+ (Run)	12hrs	£312.00	£2579.00	16
Teachers Foundation Gymnastics (Step 1)	15+ (Assist) 18yrs+ (Run)	12hrs	£312.00	£2579.00	16
Teachers Recreational Gymnastics (Step 2)	16yrs+ (Assist) 18yrs+ (Run)	14hrs	£319.00	£2749.00	16
Further Recreational Gymnastics (Step 3)	17yrs+ (Assist) 18yrs+ (Run)	14hrs	£319.00	£2749.00	12
Gymnastics A3 Add on Module	18yrs+ (Run)	7hrs	£199.00	£1389.00	10

Trampolining (Information See Page 6)

Course Title	Age Groups	Hours	Open Course Price	Closed course Price	Max Nos Closed course
Rebound Therapy (SEN Trampolining) (This is step 1 of the Trampoline Teacher)	15yrs+ (Assist) 18yrs+ (Run)	12hrs	£312.00	£2579.00	1 Tramp 9 2 Tramp 12
Trampoline Teacher (Step 1 + 2 Combined Course) (This covers Disabilities) (4 consecutive days)	15yrs+ (Assist) 18yrs+ (Run)	24hrs	£650.00	£4959.00	1 Tramp Max 09 2 Tramp Max 12
Trampoline Teacher (Step 3)	16yrs+ (Assist) 18yrs+ (Run)	12hrs	£312.00	£2579.00	
A1 Add on Module	18yrs+	6.5	£200.00	£1300.00	6 or 10
A2 Add on Module	18yrs+	6.5	£200.00	£1300.00	6 or 10
A3 Add on Module	18yrs+	6.5	£200.00	£1300.00	6 or 10

Cheerleading (Information See Page 7)

Course Title	Age Groups	Hours	Open Course Price	Closed course Price	Max number Closed course
Recreational Cheerleading Coach Suitable for College Students and Teachers.	15yrs+ (Assist) 18yrs+ (Run)	7hrs	£200.00	£1300.00	16

Gymnastics Outline / Pre-requisites.

Gymnastics Disabilities (Full Course)

Information: Able to coach disabilities Gymnastics (18yrs+) or assist under supervision (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs (Assist in a session), 18yrs (Run a session).

Skills Covered: Winstrada Gymnastics disabilities Primer Awards 1-3* [Visit Winstrada to see skills covered](#)

*Please Note that Primer awards are multipurpose and during the course the students will implement the use of Gymnastics Functional Index which shows moderations that can be done for disabilities to pass awards.

<p>Session Management (online)</p> <ol style="list-style-type: none"> 1. Safety in Session 2. Equipment Setup/Derig 3. Problem Solving 4. Ethics within coaching 5. Organisation of groups 6. Additional Needs 7. Profound Needs 	<p>Vault Skills:</p> <ol style="list-style-type: none"> 1. Straight/star/tuck Jump from Bench or box top with safe landing 2. Basic Hurdle Step Progressions 3. Straight jump from Springboard 4. Shaped Dismounts 5. Squat on & Straddle on with support 	<p>Rolling:</p> <ol style="list-style-type: none"> 1. Straight Shape 2. Straight Rock Side to Side 3. Logroll 4. Forward Roll 5. Rock Back & forwards
<p>Floor Skills: Basic Skills</p> <ol style="list-style-type: none"> 1. Jumps 2. Balance 3. Weight Transfer 4. Skipping (1 foot then another) 5. Squat Jump/ Positions 6. Dish 7. Bunny hop 8. Front / Back support 9. Handstand with support 10. Bridge with Support 	<p>Physical Wellbeing (online)</p> <ol style="list-style-type: none"> 1. Warming up 2. Cool down session <p>Hand Apparatus</p> <ol style="list-style-type: none"> 1. Bean Bags 2. Rope 3. Ball 4. Ribbons 5. Hula Hoop 	<p>Beam Skills:</p> <ol style="list-style-type: none"> 1. Walk along Bench / Beam 2. Walk along on Toes 3. 1 foot balance on bench / beam (with support) 4. Walk Along Sideways 5. Walk Along stepping over bean bags 6. Straight, Star, Tuck Dismount
<p>Action Songs / Warm up:</p> <ol style="list-style-type: none"> 1. Action Songs / Activities 2. Use of hand apparatus in warm ups. 		

Continual Assessment throughout the course

Teachers Foundation Gymnastics (Step 1)

Information: Able to coach able to coach the syllabus covered (18yrs+) or assist under supervision (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: Winstrada Gymnastics Badges 1-6 [Visit Winstrada to see skills covered](#)

Session Management (online) <ol style="list-style-type: none"> 1. Safety in Session 2. Equipment Setup/Derig 3. Problem Solving 4. Ethics within coaching 5. Organisation of groups 6. Additional Needs 	Physical Wellbeing (online) <ol style="list-style-type: none"> 1. Warming up 3. Aerobic Activity 4. Flexibility & conditioning 5. Cool down session 6. Healthy Living 	Rolling: <ol style="list-style-type: none"> 1. Logroll 2. Forward Roll 3. Rock Back & forwards 4. Backward Roll Preparations
Floor Skills: Basic Skills <ol style="list-style-type: none"> 1. Jumps 2. Leaps 3. Balance 4. Weight Transfer 5. Skipping 6. Squat Jump/ Positions 7. Dish 8. Bunny hop 9. Shoulder Stand 10. Front / Back support 11. Press up front / back 12. Teddy Bear Roll 13. Handstand 14. Bridge 	Vault Skills: <ol style="list-style-type: none"> 1. Straight/star/tuck Jump from Bench or box top with safe landing 2. Hurdle Step Progressions 3. Straight jump from Springboard with run up 4. Shaped Dismounts 5. Squat on 6. Straddle on 	Beam Skills: <ol style="list-style-type: none"> 1. Walk along Bench / Beam 2. Walk along on Toes with Half & Full Turn 3. 1 foot balance on bench / beam 4. Walk Along Backwards 5. Walk Along Sideways 6. Walk Along stepping over bean bags 7. Basic Beam Mounts 8. Straight, Star, Tuck Dismount
Linking Skills <ol style="list-style-type: none"> 1. Linking Basic skills together 	Hand Apparatus <ol style="list-style-type: none"> 1. Bean Bags 2. Rope 3. Ball 4. Ribbons 5. Hula Hoop 	Partner Work <ol style="list-style-type: none"> 1. Basic Skills 2. Match and Mirror 3. Using Hand Apparatus

Examination: Multiple Choice on Theory (Pass Mark 70%) (Online prior to course), Practical continual assessment.

Virtual National & International Schools Competitions

We provide Virtual School's competitions for,

- Trampoline
- Disability Trampoline
- Gymnastics Floor & Vault
- Disability Gymnastics Floor & Vault

To download our brochure, visit [AuthoritySportsUK Schools](#)



www.authoritysportsuk.co.uk/schools

Teachers Recreational Gymnastics (Step 2)

Information: Able to coach able to coach the syllabus covered (18yrs+) or assist under supervision (16yrs+)

Pre-requisites: Foundation Gymnastics (Step 1)

Minimum Age: 16yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: Winstrada Gymnastics Badges 7-10 [Visit Winstrada to see skills covered](#)

Session Management 1. Recap of Session Management from Foundation (Online) 2. Mentoring (Basic)	Online 1. Recap of Foundation Physical wellbeing 2. Basic Biomechanics	Rolling: 1. Straddle Roll 2. Backward Roll 3. Further Forward Roll
Floor Skills: 1. Roundoff 2. Drop Back to Bridge 3. Forwards Walkover 4. Backwards Walkover 5. Headstand (Knees Bent) 6. Cartwheel (Inc 1 handed) 7. Further Twisting 8. Dive Roll 9. Japana 10. 1.5 Twist Jump Safe Landing 11. Handspring (Front/Back) 12. Handstand Forward Roll 13. Tick Tock	Vault Skills: 1. Squat on Straddle Off 2. Squat Through 3. Twisting Dismounts (Half / Full) 4. Through Vault Over Box 5. Cartwheel Dismount 6. Handspring light support	Beam Skills: 1. Forward Roll 2. Donkey Kick from bench 3. Jumps on Beam Tuck, Star. 4. Twist (Half, Full) 5. Dismount Half and Full Twist & Roundoff 6. Handstand Progression
Linking Skills: 1. Linking Elements Together to create routine		Partner Work 1. Leap Frog 2. Weight Bearing 3. Partner Support 4. Counter Balance

Examination: Multiple Choice on Theory (Pass Mark 75%), Practical Continual Assessment.

For those experienced who wish to do higher level coaching courses

E-mail: authoritiesportsuk@gmx.com

Trampoline Teachers Course (Step 1 + 2)

The training course has been developed by, and is run by tutors from Rebound Therapy International Ltd who are an AfPE approved training course provider.

Information: Able to coach the syllabus run a session (18yrs+) or assist (15yrs+)

This course covers Disabilities and Pre-school Trampolining.

Pre-requisites: None

Minimum Age: 15yrs+ (Assist) 18+ (Run a session)

Skills Covered: Winstrada Trampoline Badges 1-3 (Step 1) 4-8 (Step 2) [Visit Winstrada to see skills covered](#)

Trampoline Teachers Course (Step 3)

Information: Able to coach the syllabus run a session (18yrs+) or assist (17yrs+)

This course covers further stages of recreational trampolining

Pre-requisites: Trampoline Teachers (Step 1 + 2)

Minimum Age: 17yrs+ (Assist) 18yrs+ (Run a session)

Skills Covered: Winstrada Trampoline Badges 9-10 [Visit Winstrada to see skills covered](#)

Authority Recreational A1 Coach (Add on Module)

Information: Able to coach the syllabus run a session (18yrs+)

Pre-requisites: Trampoline Teachers (Step 3)

Minimum Age: 17yrs+ (Assist) 18yrs+ (Run a session)

Skills Covered: Winstrada Trampoline Badges A1 [Visit Winstrada to see skills covered](#)

Recreational Cheerleading Coach

Information: Able to coach the syllabus run a session (18yrs+) or assist (15yrs+)

Pre-requisites: None

Minimum Age: 18yrs+ (Run a session) 15yrs+ (Assist)

Skills Covered:

Session Management (Online) 1. Safety in Session 2. Roles and Responsibilities 3. Problem Solving 4. Ethics within coaching 5. Child Development	Physical Wellbeing (Online) 1. Warm Ups 2. Games 3. Fun Stretching 4. Cool Downs	Cheers and Chants 1. Use and structure of cheer and chants 2. Use of Vocal Instructions
Skills 1. Basic cheer stance 2. Clean 3. Ready 4. Side Lunge 5. Front Lunge 6. Balances 7. Liberty	Arm / Hand Motions 1. Blades 2. Buckets 3. Clap 4. Low V 5. High V 6. T 7. Broken T 8. Daggers 9. Bow and Arrow Left and right 10. Right & Left L 11. High Touchdown 12. Low Touchdown	Jumps 1. Straight 2. Star Hand Apparatus 1. Poms 2. Scarves

Courses suitable for 6th Form & College Students

Gymnastics (Information See Pages 8-9)

Course Title	Age Groups	Hours	Open Course Price (P/P)	Closed course Price	Max number Closed course
Proficiency Assessor Step 1 (Gymnastics)	13yrs+	7hrs	£160.00	£1295.00	16
Proficiency Assessor Step 2 (Gymnastics)	14yrs+	7hrs	£160.00	£1295.00	16
Gymnastics Disabilities (Full Course) Suitable for College Students and Teachers.	15yrs+ (Assist) 18yrs+ (Run)	12hrs	£312.00	£2579.00	16

Trampolining (Information See Pages 10)

Course Title	Age Groups	Hours	Online Course Price	Open Course Price	Closed course Price	Max Nos Closed course
Proficiency Assessor Step 1 (Trampoline)	13yrs+	7hrs	£118.00	£160.00	£1295.00	12 or 16
Proficiency Assessor Step 2 (Trampoline)	14yrs+	7hrs	£118.00	£160.00	£1295.00	12 or 16

Judging Courses

Course Title	Age Groups	Hours	Open Course Price	Closed course Price	Max nos. Closed course
Free-style Gymnastics Judge (Step 1) (Course available from May 2022)	15yrs+	7hrs	£100	£1300.00	20
Trampoline Judge (Step 1) (Course available from Jan 2023)	15yrs+	7hrs	£100	£1300.00	20
Trampoline Judge (Step 2) (Course available from Jan 2023)	15yrs+	12hrs	£200	£2500.00	20
DMT Judge (Step 1) (Course available from Jan 2023)	15yrs+	7hrs	£100	£1300.00	20
Floor & Vault Judge (Step 1) (Course available from March 2023)	15yrs+	7hrs	£100	£1300.00	20

Non-Qualification Personal Development Courses

(Information See Page 10)

Course Title	Age Groups	Length of course hrs.	Closed course Price	Max number Closed course
Introduction to Massage skills*	15yrs+	5	£1000.00	16
Introduction to Indian Head Massage*	15yrs+	5	£1000.00	16
Introduction to Facial Massage*	15yrs+	5	£1000.00	16

* All Massage courses are practical courses and students would be working on each other.

Gymnastics Outline / Pre-requisites.

Proficiency Assessor Step 1

Information: Only able to deliver proficiency awards under direct supervision.

Pre-requisites: None Required

Minimum Age: 13yrs

Skills Covered: Winstrada Gymnastics Badges 1-3 [Visit Winstrada to see skills covered](#)

Proficiency Assessor Step 2

Information: Only able to deliver proficiency awards under direct supervision.

Pre-requisites: Proficiency Assessor Step 1

Minimum Age: 14yrs

Skills Covered: Winstrada Gymnastics Badges 4-6 [Visit Winstrada to see skills covered](#)

Gymnastics Disabilities (Full Course)

Information: Able to coach disabilities Gymnastics (18yrs+) or assist under supervision (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs (Assist in a session), 18yrs (Run a session).

Skills Covered: Winstrada Gymnastics disabilities Primer Awards 1-3* [Visit Winstrada to see skills covered](#)

*Please Note that Primer awards are multipurpose and during the course the students will implement the use of Gymnastics Functional Index which shows moderations that can be done for disabilities to pass awards.

<p>Session Management (online)</p> <ul style="list-style-type: none"> 8. Safety in Session 9. Equipment Setup/Derig 10. Problem Solving 11. Ethics within coaching 12. Organisation of groups 13. Additional Needs 14. Profound Needs 	<p>Vault Skills:</p> <ul style="list-style-type: none"> 6. Straight/star/tuck Jump from Bench or box top with safe landing 7. Basic Hurdle Step Progressions 8. Straight jump from Springboard 9. Shaped Dismounts 10. Squat on & Straddle on with support 	<p>Rolling:</p> <ul style="list-style-type: none"> 6. Straight Shape 7. Straight Rock Side to Side 8. Logroll 9. Forward Roll 10. Rock Back & forwards
<p>Floor Skills: Basic Skills</p> <ul style="list-style-type: none"> 11. Jumps 12. Balance 13. Weight Transfer 14. Skipping (1 foot then another) 15. Squat Jump/ Positions 16. Dish 17. Bunny hop 18. Front / Back support 19. Handstand with support 20. Bridge with Support 	<p>Physical Wellbeing (online)</p> <ul style="list-style-type: none"> 7. Warming up 8. Cool down session <p>Hand Apparatus</p> <ul style="list-style-type: none"> 6. Bean Bags 7. Rope 8. Ball 9. Ribbons 10. Hula Hoop 	<p>Beam Skills:</p> <ul style="list-style-type: none"> 7. Walk along Bench / Beam 8. Walk along on Toes 9. 1 foot balance on bench / beam (with support) 10. Walk Along Sideways 11. Walk Along stepping over bean bags 12. Straight, Star, Tuck Dismount
<p>Action Songs / Warm up:</p> <ul style="list-style-type: none"> 3. Action Songs / Activities 4. Use of hand apparatus in warm ups. 		

Continual Assessment throughout the course

Proficiency Assessor Trampoline (Step 1)

Information: Able to coach the proficiency scheme under direct supervision

Pre-requisites: None

Minimum Age: 13yrs+

Skills Covered: Winstrada Trampoline Badges 1-3 [Visit Winstrada to see skills covered](#)

Proficiency Assessor Trampoline (Step 2)

Information: Able to coach the proficiency scheme under direct supervision

Pre-requisites: Proficiency Assessor Trampoline (Step 1)

Minimum Age: 14yrs+

Skills Covered: Winstrada Trampoline Badges 4-6 [Visit Winstrada to see skills covered](#)

Introduction To Massage Skills:

Information: This is not a qualification; this is a personal development and general interest course.

Pre-requisites: None

Minimum Age: 15yrs

Skills Covered: Basic Contra-indications, Basic Massage Skills, Putting these skills into action

Introduction in Indian Head Massage Skills:

Information: This is not a qualification; this is a personal development and general interest course.

Pre-requisites: None

Minimum Age: 15yrs

Skills Covered: Basic Contra-indications, Basic Massage Skills, putting these skills to perform an Indian Head Massage

Introduction To Facial Massage Skills:

Information: This is not a qualification; this is a personal development and general interest course.

Pre-requisites: None

Minimum Age: 15yrs

Skills Covered: Basic Contra-indications, Basic Massage Skills, putting these skills to perform and Facial Massage

Useful Services for Schools:

'Train the Trainers'

Club, Centre or School Specific, Gymnastics Coach Training Course

This course is designed to equip and **validate** a senior coach /teacher to oversee all future basic **Gymnastics coach training** within their specified club, centre or school. It will enable the course member to train senior coaches within their specified club, centre or school to lead Gymnastics sessions within that same specified club or centre. The course is open to those who have already qualified in Gymnastics to a minimum Level 2 or the Authority Recreational Gymnastics training course, as detailed on our website, and are experienced in leading Gymnastics Sessions.

For Information E-Mail: info@gymnasticbritannia.org



Gymnastics Coming Early 2022.

The 'Train the Trainers' course will be club, centre or school specific. The course model will comprise the following: **a)** A two day practical, which will cover the common core areas **b)** A distance learning module which will relate to the theory aspects and development of protocols for training. **c)** A final assessment day. The course content will include the writing of a policy protocol document for the implementation of Gymnastics sessions and staff training within the club or centre. The final certification will be issued to all participants on the satisfactory completion of the course and will be owned by each club and tutor.

Recognised and approved by [Gymnastic Britannia Ltd](#)

Winstrada Proficiency Awards

Trampolining

Gymnastics Scheme

New Disabilities Awards

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**** Coaching Courses ****

- * Trampoline
- * Gymnastics
- * Disabilities Gymnastics
- * Pre-School Gymnastics



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REBOUND EXERCISES GRADE 1

ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION A

- ~ LIES OR SITS ON SOFT OBJECT E.G. BEANBAG**
- ~ ENJOYS BEING BOUNCED WHILE LYING OR SITTING ON BEANBAG**
- ~ ENJOYS MOVEMENT WITH PARACHUTE**
- ~ ENJOYS ROCKING MOTION OF BED WHEN LYING DOWN**
- ~ BEING BOUNCED IN BACK LYING POSITION - MAINTAINS SHAPE**

SECTION B

- ~ DIFFERENTIATES STILLNESS AND MOVEMENT**
- ~ WAITS PATIENTLY FOR TURN ON TRAMPOLINE**
- ~ MAINTAINS EYE CONTACT WHEN APPROPRIATE**
- ~ SHOW AND HOLD STAR POSITION**
- ~ ANTICIPATES CAUSE AND EFFECT**



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REBOUND EXERCISES GRADE 1 CONTINUED

ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION C

- ~ ENJOYS BEING BOUNCED IN HANDS AND KNEES POSITION
- ~ INITIATES BOUNCING IN HANDS AND KNEES POSITION
- ~ HIGH KNEELING POSITION
- ~ HIGH KNEELING - SWIMMING ARM MOVEMENT

SECTION D

- ~ SITS FACING ADULT IN STILLNESS
- ~ COMPENSATES FOR MOVEMENT WHEN TRAMPOLINE BED IS MOVED IN FRONT, BEHIND AND TO THE SIDE OF STUDENT
- ~ REGAINS SITTING POSITION WHEN MOVED OFF BALANCE
- ~ ENJOYS BEING BOUNCED IN SITTING POSITION
- ~ SITTING POSITION - INITIATES MOVEMENT BY PUSHING INTO BED WITH HANDS
- ~ SITTING POSITION - SWIMMING ARM MOVEMENT TO INITIATE BOUNCE

SECTION E

- ~ STANDING IN STILLNESS WITH FEET FLAT ON BED
- ~ STANDING POSITION - MAINTAINS SHAPE WHILE BEING GENTLY BOUNCED
- ~ STANDING POSITION - INITIATE BOUNCE (BOBBLE)
- ~ SWIMMING ARMS TO INITIATE MOVEMENT
- ~ STANDING POSITION - HANG AND BOUNCE
- ~ STANDING POSITION - POGO IN CENTRE
- ~ STANDING POSITION - BOUNCE AND STOP - STILLNESS
- ~ CLIMB ONTO TRAMPOLINE, LOCATE CENTRE OF BED AND CLIMB OFF AGAIN SAFELY



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REBOUND EXERCISES GRADE 2

ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION A

- ~ SITTING POSITION WITH HAND SUPPORT - POP TO STAND - STILLNESS**
- ~ SITTING POSITION - POP TO STAND - STILLNESS (SUPPORT ON LANDING IF NEEDED)**
- ~ SITTING POSITION - POP TO STAND WITH EYES CLOSED**
- ~ SITTING POSITION - BOUNCE AND TWEAK**
- ~ SITTING POSITION - BOUNCE AND TWEAK WITH SWIMMING ARMS**
- ~ QUARTER TWISTS IN SITTING POSITION**

SECTION B

- ~ CAN ACHIEVE TWO FOOTED JUMP - LANDING EVENLY**
- ~ CAN ACHIEVE TWO FOOTED JUMPS REPEATEDLY - LANDING EVENLY**
- ~ PERFORM THREE BOUNCES - STOP - STILLNESS**
- ~ STANDING POSITION - BOUNCE WITH QUARTER TWISTS**
- ~ POGO - MOVING AROUND TRAMPOLINE, UNDERSTANDS AND PERFORMS FORWARDS, BACKWARDS AND SIDEWAYS MOVEMENTS**
- ~ HAKA (FAST KNEES UP TOGETHER AND TOUCH)**



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REBOUND EXERCISES GRADE 2 CONTINUED

ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION C

- ~ JUMP TO LEGS ASTRIDE - STOP - STILLNESS**
- ~ JUMP TO LEGS ASTRIDE, JUMP LEGS TOGETHER - STOP - STILLNESS**
- ~ JUMP TO LEGS ASTRIDE - BRING ARMS UP, JUMP TO LEGS TOGETHER, BRING ARMS DOWN**
- ~ LOG ROLL IN HORIZONTAL POSITION, SHOWING CONTROL**

SECTION D

- ~ WALK ALONG CENTRE LINE, TURN ROUND AND WALK BACK**
- ~ RUN ON SPOT IN CENTRE**
- ~ RUN ON SPOT IN CENTRE - ALTERNATE KNEE SLAPPING**
- ~ RUN ON SPOT - LOW CROSSOVER (RIGHT HAND TO LEFT LEG, LEFT HAND TO RIGHT LEG)**

SECTION E

- ~ HIGH KNEELING - POP TO STAND TO STILLNESS**
- ~ HIGH KNEELING - SWIMMING ARMS TO STAND - STILLNESS**
- ~ HIGH KNEELING POSITION - TWIST TO LONG SITTING (HARRISON SWIVEL)**
- ~ HARRISON SWIVEL - TO STAND - STILLNESS**
- ~ HARRISON SWIVEL - TO STAND - STILLNESS - ABLE TO PERFORM LEFT AND RIGHT TWIST**
- ~ HANDS AND KNEES POSITION - SLIDE TO PLANK (ON MATTRESS)**
- ~ QUARTER TURNS IN HANDS AND KNEES POSITION**



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TRAMPOLINING PROFICIENCY GRADE 3

THE TRANSITION FROM REBOUND EXERCISES TO TRAMPOLINING

MINIMAL ASSISTANCE MAY BE GIVEN IF REQUIRED

SECTION A - Complete all skills

- ~ STRAIGHT JUMPING WITH ARM MOVEMENTS
- ~ TUCK JUMP
- ~ HALF TWIST JUMP

SECTION B - Complete 3 skills

- ~ STRAIGHT JUMP AND STOP
- ~ STAR JUMP
- ~ 3 BUNNY HOPS FROM HANDS AND KNEES
- ~ SEAT DROP, NOT RETURNING TO FEET

ROUTINE

- ~ TUCK JUMP, 1/2 TWIST JUMP, STAR POSITION.

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TRAMPOLINING PROFICIENCY GRADE 4

SECTION A - Complete all skills

- ~ **SEAT DROP, TO FEET SHOWING CORRECT POSITIONING OF HANDS**
- ~ **LINK 2 HALF TWIST JUMPS AND STOP**
- ~ **HANDS AND KNEES TO FRONT LANDING**

SECTION B - Complete 3 skills

- ~ **1/2 TWIST JUMP, SEAT DROP TO FEET**
- ~ **SEAT DROP TO FEET, 1/2 TWIST JUMP**
- ~ **FORWARD ROLL TO SITTING POSITION**
- ~ **REPEAT A MOVE 5 TIMES, WITHOUT ANY INTERMEDIATE JUMP**

ROUTINE

SEAT DROP TO FEET, TUCK JUMP, 1/2 TWIST JUMP, STOP.

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TRAMPOLINING PROFICIENCY GRADE 5

SECTION A - Complete all skills

- ~ **5 STRETCH JUMPS, STOP AND KEEP STILL FOR 3 SECONDS**
- ~ **TUCK JUMP, SHOWING STRETCH AND GOOD SHAPE**
- ~ **FRONT DROP (FROM STANDING) ONTO A MATTRESS**

SECTION B - Complete 3 skills

- ~ **HANDS & KNEES BOUNCING, 1/2 TURN TO HANDS & KNEES**
- ~ **STRADDLE JUMP, TOUCHING BELOW THE KNEES**
- ~ **BACK DROP (FROM STANDING) ONTO A MATTRESS**
- ~ **HANDS & KNEES TO FRONT LANDING AND BACK TO FEET**

ROUTINE

**STAR JUMP, SEAT DROP TO FEET, TUCK JUMP,
1/2 TWIST JUMP, STRAIGHT JUMP, STOP.**

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TRAMPOLINING PROFICIENCY GRADE 6

SECTION A - Complete all skills

- ~ **SEAT DROP 1/2 TWIST TO FEET**
- ~ **FULL TWIST JUMP**
- ~ **FRONT DROP TO FEET**

SECTION B - Complete 3 skills

- ~ **SEAT DROP 1/2 TWIST TO FEET, SEAT DROP TO FEET**
- ~ **1/2 TWIST TO SEAT DROP TO FEET**
- ~ **PIKE JUMP**
- ~ **FLAT BACK ON TO MATTRESS**

ROUTINE

**STRADDLE JUMP, SEAT DROP TO FEET, TUCK JUMP,
1/2 TWIST JUMP, PIKE JUMP, SEAT DROP 1/2 TWIST TO FEET,
STRAIGHT JUMP, STOP.**

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TRAMPOLINING PROFICIENCY GRADE 7

SECTION A - Complete all skills

- ~ **1/2 TWIST TO SEAT DROP, 1/2 TWIST TO FEET**
- ~ **BACK DROP TO FEET**
- ~ **HANDS & KNEES FORWARD TURNOVER TO BACK, TO FEET**

SECTION B - Complete 3 skills

- ~ **SEAT DROP 1/2 TWIST TO SEAT DROP, TO FEET**
- ~ **SEAT DROP TO HANDS AND KNEES**
- ~ **FRONT DROP TO FEET, SEAT DROP TO FEET**
- ~ **SEAT DROP TO FEET, FRONT DROP TO FEET**

ROUTINE

**FRONT DROP TO FEET, TUCK JUMP, 1/2 TWIST JUMP,
STRADDLE JUMP, SEAT DROP TO FEET, PIKE JUMP,
FULL TWIST JUMP, STRAIGHT JUMP, STOP.**

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TRAMPOLINING PROFICIENCY GRADE 8

SECTION A - Complete all skills

- ~ **FRONT DROP TO SEAT DROP**
- ~ **HALF TWIST TO FRONT DROP**
- ~ **HALF TWIST TO BACK DROP**
- ~ **BACK DROP HALF TWIST TO FEET**

SECTION B - Complete 3 skills

- ~ **SEAT DROP (FORWARD ROTATION) TO FRONT LANDING**
- ~ **FRONT DROP HALF TWIST TO FEET**
- ~ **FULL TWIST JUMP, SEAT DROP TO FEET**
- ~ **FIVE BACK BOUNCES**

ROUTINE

**FRONT DROP TO FEET, STRADDLE JUMP, 1/2 TWIST JUMP,
SEAT DROP 1/2 TWIST TO SEAT DROP, 1/2 TWIST TO FEET,
TUCK JUMP, PIKE JUMP, FULL TWIST JUMP, STOP.**

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TRAMPOLINING PROFICIENCY GRADE 9

SECTION A - Complete all skills

- ~ **FRONT DROP STRAIGHT TO FEET**
- ~ **BACK DROP STRAIGHT TO FEET**
- ~ **BACK DROP (FORWARD ROTATION) TO FRONT LANDING**
- ~ **FORWARD TURNOVER TO BACK TO FEET**
- ~ **SEAT DROP 1/2 TWIST TO BACK LANDING**

SECTION B - Complete 3 skills

- ~ **FRONT DROP TUCKED OR PIKED TO FEET**
- ~ **BACK DROP PIKED TO FEET**
- ~ **FRONT DROP (BACKWARD ROTATION) TO BACK LANDING TO FEET**
- ~ **SEAT DROP FULL TWIST TO FEET**
- ~ **FULL TWIST TO SEAT DROP**

ROUTINE

**FRONT DROP TO FEET, STRADDLE JUMP, 1/2 TWIST JUMP,
SEAT DROP 1/2 TWIST TO FEET, TUCK JUMP,
PIKE JUMP, BACK DROP 1/2 TWIST TO FEET.**

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TRAMPOLINING PROFICIENCY GRADE 10

SECTION A - Complete all skills

- ~ **BACK DROP 1/2 TWIST TO BACK LANDING TO FEET**
- ~ **HANDS & KNEES FORWARD TURNOVER TO SEAT TO FEET**
- ~ **BACK DROP FULL TWIST TO FEET**
- ~ **BACK DROP, BACK PULLOVER TO FEET**
- ~ **FRONT SOMERSAULT**

SECTION B - Complete 3 skills

- ~ **FRONT DROP FULL TWIST TO FEET**
- ~ **FRONT DROP 1/2 TURN TO FRONT LANDING**
- ~ **FULL TWIST TO BACK DROP**
- ~ **BACK SOMERSAULT**
- ~ **SEAT DROP FULL TWIST TO SEAT DROP TO FEET (ROLLER.)**

ROUTINE

**FULL TWIST JUMP, STRADDLE JUMP, SEAT DROP
1/2 TWIST TO SEAT DROP 1/2 TWIST TO FEET, PIKE JUMP,
BACK DROP 1/2 TWIST TO FEET, TUCK JUMP, FRONT SOMERSAULT.**

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GYMNASTICS PROFICIENCY GRADE ONE

Minimal assistance may be given if required (grades 1-3 only)

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Jogging on the spot for 45 seconds
- Balance on one foot then the other
- Take big steps along a bench, beam, or line on the floor
- Show following positions on floor: Tuck, Straddle, Pike
- Jump forwards or sideways over a line or rope
- Lie flat on the floor with arms near the ears
- Jump up and down on the spot x 5
- Balance on 2 hands and 1 foot or 2 feet and 1 hand
- Walk on the spot on your heels
- Quarter twist jump

Hand Apparatus: Make patterns with scarves or ribbons

Partner Work: Mirror & Match Partner Arm Movements

Sequence: Participate in the warm up and cool down sessions

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GYMNASTICS PROFICIENCY GRADE TWO

Minimal assistance may be given if required (grades 1-3 only)

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Jump to star position, jump together x 5
- Log roll on floor or down slope
- Tuck roll backwards and forwards
- Rotate both arms forward in a circle
- Skipping (not with rope); one foot then the other on the spot for 10 seconds
- Balance on 1 foot on a bench or box
- Hopping on the spot
- Bunny hops on the spot
- Walk on the spot, on tip toes
- Walk along line or bench, full turn in middle

Hand Apparatus: Bounce and catch a ball

Partner Work: Sit in Straddle position with partner and roll ball to each other

Sequence: Balance on one foot then the other; sit on floor; show tuck, then pike, then straddle positions

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GYMNASTICS PROFICIENCY GRADE THREE

Minimal assistance may be given if required (grades 1-3 only)

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Astride jumps x 5
- Forward roll
- Step over bean bag or small obstacles on bench, beam or line on floor
- Walk backwards along a line, beam or bench
- Hands and feet with tummy up (crab)
- Front support
- Jump on spot x 5 landing on both feet with controlled stop
- Bunny hops travelling along the floor
- Rock from heels to tip toes and back
- Jump into and out of hoop

Hand Apparatus: Explore Bean Bags balancing on body

Partner Work: Throw and catch a ball with partner

Sequence: Stand with good posture, Star Jump x 2, Astride Jump x 2, Half Twist
Jump with controlled landing, then into a squat position

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GYMNASTICS PROFICIENCY GRADE FOUR

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Star jumps x 5
- Forward roll from squat position
- Walk along bench, beam or line with bean bag on head
- Show and hold dish position
- Show and hold arch position
- Front support, jump feet in between hands
- Back support position
- Bunny hops into and out of hoop
- Arm circling backwards
- Dish with one leg bent

Hand Apparatus: Seated position, with bean bag between feet, swing legs up and over head to place bean bag on floor

Partner Work: With partner, standing stretch, drop to squat, jump feet back to front support

Sequence: Stand with good posture, Star Jump x 2, Astride Jump x 2, Half Twist Jump, drop to squat, jump feet back to front support

GYMNASTICS PROFICIENCY GRADE FIVE

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Jump from one foot to two feet with controlled landing
- Sit in straddle position with good posture
- Quarter twist jump immediately followed by half twist jump
- Backward roll with light support if needed
- Roll from dish to arch position
- Front support, jump to crouch, jump to stand
- Front support and back support lower to floor under control
- Keeping hands on floor, jumping on one leg then the other
- Bunny hop side to side over bench
- Side support, hold for 5 seconds

Hand Apparatus: Catch bean bag or similar while balancing on one leg

Partner Work: Teddy bear / shoulder roll with partner

Sequence: Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, to crouch position, knees down, one leg extension to side, then back to knees



GYMNASTICS PROFICIENCY GRADE SIX

To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Run and jump from one foot to two feet with controlled landing
- Forward roll to straddle sit
- Tuck roll backwards and forwards to tuck, pike and straddle positions; 3 of each
- Forward roll with stretch at start and finish
- Backward roll with stretch at start and finish
- Front support, to side support to back support
- V sit - hold for 15 seconds
- Straight jump from bench or box top, with controlled landing
- Tuck jump on floor
- Dish, bend one leg then the other

Hand Apparatus: Roll hoop, catch with one hand and rotate arm

Partner Work: In time with partner: back support, lower to floor, bend legs, tuck roll backwards and forwards to stand

Sequence: Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, backward roll to knees, one leg extension to side. Then back to knees, to front support

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GYMNASTICS PROFICIENCY GRADE SEVEN

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Japana to 45 degrees
- Handstand with support
- Squat onto box top or shape, straight jump off
- Push up to bridge
- Headstand with legs bent
- 5 shuttle runs
- Shoulder stand with support
- Show shape towards arabesque
- Hula hooping
- Three quarter twist jump

Hand Apparatus: Forward roll into back support with bean bag between knees

Partner Work: One in front support with feet on shoulders of the second who is in straddle sit

Sequence: Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, backward roll to knees, one leg extension to side, then back to knees, to front support, to side support, to back support with control

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GYMNASTICS PROFICIENCY GRADE EIGHT

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Japana to flat
- Cartwheel
- Lunge sideways, stop, then lunge forwards under control
- Backward roll to straddle stand
- Headstand with straight legs. With support if necessary
- Straddle sit onto vault or box lengthways
- Shoulder stand
- Handstand
- Arabesque showing good posture and shape
- Full twist jump with controlled landing

Hand Apparatus: Throw bean bag, small jump and catch

Partner Work: Leapfrog

Sequence: Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, backward roll to knees, one leg extension to side, then back to knees, into front support, to side support, to back support with control, lower to floor, to tuck position

GYMNASTICS PROFICIENCY GRADE NINE

To gain the award, complete 8 of the floor skills below,
plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Front splits or side splits
- Cartwheel 1/4 turn off bench with controlled landing
- One handed cartwheel
- Two consecutive cartwheels
- Headstand with legs straight
- 10 shuttle runs
- Squat onto box or vault, half twist off
- Cartwheel followed by cartwheel 1/4 turn to both feet, showing control
- 1 and 1/4 (450 degree) twist on floor with controlled landing
- Half twist jump from vault or shape with controlled landing

Hand Apparatus: Throw and catch bean bag while in V sit

Partner Work: Headstand or handstand with partner supporting

Sequence: Stand with good posture, forward roll to stand, to grapevine each way, half twist jump, backward roll to knees, then one leg extension to side, then back to knees, into front support, to side support, to back support with control, lower to floor, to tuck position, three tuck rolls to stand

GYMNASTICS PROFICIENCY GRADE TEN

To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Partner work and Sequence sections

Floor Skills:

- Handspring with light support
- Straddle over box or soft vault with controlled landing onto landing mat
- Handstand into forward roll
- Squat through on box or soft vault
- Free cartwheel
- Drop back to bridge with control
- Squat onto long box, cartwheel off with controlled landing
- Roundoff
- 1 and 1/2 (540 degree) twist on floor with controlled landing
- Full twist jump from vault or shape with controlled landing

Hand Apparatus: Cartwheel, picking up beanbag during the skill

Partner Work: One partner kneeling, other partner stands just above knees, facing away and counterbalance

Sequence: Stand with good posture, cartwheel, cartwheel 1/4 twist to both feet, full twist jump, arabesque, free forward roll to back lying, back support, to side support, to front support, jump to squat position, jump to forward roll to straddle sit, then legs together, three tuck rolls to stand