

Trampolining

The performance of skills and techniques in isolation/unopposed situations	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation
<p>Candidates will be assessed the quality of either the four basic categories of skills or the four advanced categories of skills – one from each category.</p> <p>Basic categories of skills:</p> <ul style="list-style-type: none"> • Basic jumps: tuck jump; pike jump; straddle jump; half twist; full twist. • Basic twists: seat drop, half twist to feet; half twist to seat drop; swivel hips. • Basic landings: seat drop; front drop; back drop. • Basic combinations: seat drop to front drop; front drop to seat drop; front drop, half twist to feet; half twist to front drop; back drop, half twist to feet; half twist to back drop. <p>Advanced categories of skills:</p> <ul style="list-style-type: none"> • Advanced twists: one and a half twist jump; half turntable; full turntable. • Advanced landings: back drop to front drop; front drop to back drop. • Advanced landings, including twisting and rotation: back drop, full twist to feet; back drop, half twist to back drop (cradle); back drop, full twist to back drop (cat twist). • Somersaults: three quarter front somersault to back, to feet; front somersault to feet; back somersault to feet. <p>In addition, they may be judged on any other any other advanced skill not listed above.</p>	<p>Candidates will be assessed on the quality of their skills, technique and decision making processes to meet the challenges of a conditioned/formal/competitive situation, for a formal 6, 8, or 10 bounce routine. This includes using the skills/techniques from isolation/unopposed situations, as well as:</p> <ul style="list-style-type: none"> • precision • control • fluency • ability to adapt to external factors • decision making • adhering to rules, health and safety guidelines, and considering appropriate risk management strategies.

Assessment criteria for trampolining

Level	Mark	Descriptor	Level	Mark	Descriptor
	0	No rewardable evidence		0	No rewardable evidence
1	1-2	<p>Demonstrates an ineffective level of technical accuracy, with little or no precision, height, tension, control and fluency.</p> <ul style="list-style-type: none"> Performs all four basic categories of skills 	1	1-5	<p>Demonstrates ineffective skills, techniques and decision making, with little or no precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> Students may show a 6 bounce routine but this may lack style and control and show travel or gain or both. The skills will lack tension and there will be ineffective technique even in the simple bounces.

Level	Mark	Descriptor	Level	Mark	Descriptor
2	3-4	Demonstrates a basic level of technical accuracy, with little precision, height, tension, control and fluency. <ul style="list-style-type: none"> • Performs all four basic categories of skills. 	2	6-10	Demonstrates basic skills, techniques and decision making, with little precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. <ul style="list-style-type: none"> • Students may show a 6 or 8 bounce routine but this may lack style and control and show travel or gain or both. The skills will lack tension and there may be basic technique even in the simple bounces.

Level	Mark	Descriptor	Level	Mark	Descriptor
3	5-6	<p>Demonstrates a competent level of technical accuracy, with some precision, height, tension, control and fluency.</p> <ul style="list-style-type: none"> Performs four skills from a mix of basic and advanced skills categories at a competent level. 	3	11-15	<p>Demonstrates a competent level of skills, techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> Able to perform an 8 or 10 bounce routine competently but will lack style and height and may travel.

Level	Mark	Descriptor	Level	Mark	Descriptor
4	7-8	<p>Demonstrates a good level of technical accuracy, with precision, height, tension, control and fluency.</p> <ul style="list-style-type: none"> All four advanced categories of skills attempted. Candidates will demonstrate 'good' levels in at least three of these categories. 	4	16-20	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> Able to perform a 10 bounce routine with good level of style, height and little travel. Demonstrates an out bounce and controlled stop.

Level	Mark	Descriptor	Level	Mark	Descriptor
5	9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, height, tension, control and fluency.</p> <ul style="list-style-type: none"> • Performs all four advanced categories of skills. 	5	21-25	<p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Able to perform a 10 bounce routine with very good style and height and very little travel. Demonstrates an out bounce and controlled stop. • The student may wish to show a more difficult routine.