

## personalachievementchart

Name.....

### Bronze

Bronze

achieve **any 6 out of the 8 activities** listed below

date

signature

Stand on a springboard and consecutive rebound jumps x 10		
Step off a platform and rebound jump off a springboard and land safely		
Run and rebound off a springboard and land safely		
Run and rebound off a springboard onto a higher platform and land safely		
Stand on a trampette and consecutive rebound jumps x 10		
Step off a platform and rebound jump off a trampette and land safely		
Run and rebound off an inclined trampette and land safely		
Run and rebound off an inclined trampette onto a higher platform and land safely		

### Silver

Silver

achieve **any 4 out of the 6 activities** listed below

date

signature

Squat on, stretch jump off		
Rebound jump off a springboard through handstand on a low platform to back lie		
Squat through vault or straddle vault		
Rebound off a trampette and bounce to handstand then to flat lie		
Rebound off a trampette with 1/2 and full turn		
Rebound shapes using a trampette - tuck and star		

### Gold

Gold

achieve **any 4 out of the 7 activities** listed below

date

signature

Handspring off the end of a platform		
Handspring		
Rebound off a springboard and 3/4 front salto to back lie		
Rebound shapes using a trampette - straddle and pike		
Rebound shapes using a trampette - tuck and star - to a higher platform		
Rebound off a trampette and bounce to handstand onto a higher platform then to flat lie		
Rebound off a trampette to a tucked forward salto with support		