**TRAMPOLINING**

**Part 1 – Skills (10 Marks)**

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| **Mark** | **Shapes** | **Drops** | **Twists** | **Twisting and Rotation** | **Advanced Rotation** |
| **9-10** | I can effectively perform shapes such as straight, tuck, pike and straddle with control and precision maintaining consistency in height. | I can effectively perform drops such as seat, front and back landings with control and precision maintaining consistency in height. | I can effectively perform twists such as half and full twist, with control and precision maintaining consistency in height. | I can effectively perform rotations such as ½ in and out of seat/front/back, swivel hips, seat to front, cat twist and turntable with control and precision maintaining consistency in height. | I can effectively perform advanced rotations such as box turnover, front/back somersault and barani with control and precision maintaining consistency in height. |
| **7-8** | I can perform shapes such as straight, tuck, pike and straddle well and regularly produce the intended outcome. I demonstrate control in my bounce height. | I can perform drops such as seat, front and back landings well and regularly produce the intended outcome. I demonstrate control in my bounce height. | I can perform twists such as half and full twist well and regularly produce the intended outcome. I demonstrate control in my bounce height. | I can perform rotations such as ½ in and out of seat/front/back, swivel hips, seat to front, cat twist and turntable well and regularly produce the intended outcome. I demonstrate control in my bounce height. | I can attempt advanced rotations such as box turnover, front/back somersault and barani and often produce the intended outcome. I demonstrate control in my bounce height. |
| **5-6** | I understand how to perform shapes such as straight, tuck, pike and straddle with a good technique most of the time. I can perform most of them. My height is sometimes inconsistent. | I understand how to perform drops such as seat, front and back landings with a good technique most of the time. I can perform most of them. My height is sometimes inconsistent. | I understand how to perform twists such as half and full twist, with a good technique most of the time. I can perform most of them. My height is sometimes inconsistent. | I understand how to perform rotations such as ½ in and out of seat/front/back, swivel hips, seat to front, cat twist and turntable with a good technique most of the time. I can perform most of them. My height is sometimes inconsistent. | I understand how to perform advanced rotations such as box turnover, front/back somersault and barani. I can perform one of them. My height is sometimes inconsistent. |
| **3-4** | I can perform some shapes such as straight, tuck, pike and straddle, although they vary in quality and consistency. My height is often inconsistent. | I can perform some drops such as seat, front and back landings, although they vary in quality and consistency. My height is often inconsistent. | I can perform some twists such as half and full twist, although they vary in quality and consistency. My height is often inconsistent. | I can perform rotations such as ½ in and out of seat/front/back, swivel hips, seat to front, cat twist and turntable, although they vary in quality and consistency. My height is often inconsistent swivel hips. | I can perform preparation stages for some advanced rotations, although they lack quality and consistency. My height is often inconsistent. |
| **1-2** | I can attempt a few shapes such as straight, tuck, pike and straddle, although they vary greatly in quality and consistency. My height is inconsistent. | I can attempt a few drops such as seat, front and back landings, although they vary greatly in quality and consistency. My height is inconsistent. | I can attempt a few twists such as half and full twist, although they vary greatly in quality and consistency. My height is inconsistent. | I can attempt a few rotations such as ½ in and out of seat/front/back, swivel hips, seat to front, cat twist and turntable, although they vary greatly in quality and consistency. My height is inconsistent. | I can attempt early stages for advanced rotations, although they vary greatly in quality and consistency. |

**Part 2 – Competitive Situation (15 Marks)**

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| **13-15** | * I show that I can effectively perform a fully competitive 10 bounce routine * I am able to sustain high level tariff, technique and consistency in my performance |
| **10-12** | * I show that I can perform a competitive 10 bounce routine * I am able to demonstrate a medium to high level tariff, technique and consistency in my performance |
| **7-9** | * I show that I can perform a 10 bounce routine * I am sometimes able to demonstrate correct technique although I sometimes lack consistency in my performance and my tariff is quite low |
| **4-6** | * I can perform a 10 bounce routine, but this is not very consistent. * I show some technique in my performance, but there are obvious weaknesses. |
| **1-3** | * I show limited ability to perform a 10 bounce routine. * I show limited technique in my performance, it lacks accuracy and there are obvious weaknesses. |