



### Trampoline Proficiency Awards Order Form

Name

Address

Postcode

Daytime Tel

Email

Award Scheme/BSGA Membership Reg N°   
 (Note: Number must be quoted to be able to order the pack).  
 Alternatively, register to use the awards – Annual registration fee £15  
 (free to BG Members and BSGA).

	Quantity	Price	Total
Trampoline Proficiency Resource Pack (TPRP)		£54.50	
Trampoline Manual Handling guidelines (special price) (STMHR)		£9.00	
Trampoline Proficiency Pack & Next Steps Trampoline Pack (with 5% discount)		£84.55	
Registration (£15.00 for non-members)			
Postage & Packing - Scotland, Eire, Channel Islands & Overseas please contact us for prices	1	£3.99	
If ordering in bulk, please contact us for prices	3+	£6.50	
<b>Total</b>			

I enclose a cheque for £  made payable to 'GEL'  
 Credit/Debit card – Visa/Mastercard/Delta/Maestro

Valid from

Expires  Security N°

Name of cardholder

Signature

Order online @ [www.british-gymnastics.org](http://www.british-gymnastics.org)  
 Please allow 28 days for delivery

Send to: Gymnastics Enterprises Ltd,  
 Unit 1, Lilleshall Hall Farm,  
 Newport, Shropshire. TF10 9AS  
 Tel: 0845 1297129 ext: 2355  
 Fax: 01952 822456

Registered in England No. 2646569  
 VAT Reg No. 594 0695 06



resource dvd  
(Windows compatible)



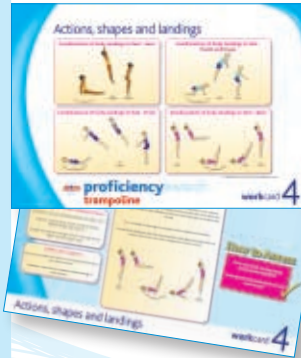
personal achievement charts



certificates



work cards



index cards



gold medal



badges



wall charts

- 15
- 14
- 13
- 12
- 11
- 10
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1

# proficiency awards trampoline



## overview

The **BG Proficiency Trampoline** awards provide the foundation for high quality trampolining which take the gymnast from beginner to competitor through 15 progressive levels.

The awards have been designed by technical experts from the sport of Trampoline Gymnastics and educational professionals of British Gymnastics (the UK National Governing Body) for use in gym clubs, schools and leisure centres and are currently widely used within these environments.

These awards have been endorsed by the Association for Physical Education (afPE), underpinning the teaching of trampolining within the National Curriculum and can be used for both extra-curricular and extended school provision.

## benefits

- » Offers a structured and progressive programme with 15 levels and different types of activity
- » Designed by professionals to meet the needs of gymnastic clubs, schools and leisure centres
- » Provides a sound framework for the progressive development of trampoline gymnastics skills
- » Meets the needs of coaches and teachers wishing to assess progress in the quality of performance
- » Promotes an active and healthy lifestyle, forms a basis for physical literacy development and provides skills and actions necessary for other land based sports
- » Endorsed by the Association for Physical Education (afPE)
- » Provides gymnasts with motivation, encouragement and reward in the form of badges, certificates and medals

## features

The comprehensive resource pack is split into a number of sections:

### Actions, shapes and landings

- » Informative work cards and wall charts highlighting key positions

### Awards 1-5

- » Suitable for pre-school, beginners and adaptable for participants with a disability
- » Inclusive and developmental activities
- » Levels 1-3 can be performed with assistance

### Awards 6-10

- » Suitable for primary and secondary children from 5 years
- » Develops key trampoline gymnastics actions including routines
- » Awards up to level 8 provide an excellent entry into Next Steps Trampoline schools competition pack

### Awards 11-15

- » Suitable for competitive gymnasts
- » Incorporates individual skill development and routine construction
- » Suitable for children of secondary school age
- » Broadly underpins development work for National competitions
- » Includes a number of optional activities at each level

### Fitness

- » From Award 6, the gymnast will be required to work through a range of important physical preparation exercises

### Trampoline Manual Handling Resource

This is a reference document that provides guidance for the safe operation and use of trampolines. It is available to purchase with the Trampoline Proficiency Resource Pack at a special concessionary price.

## resource pack

### Information booklet

Contains essential advice on organising sessions, warm up and cool down, adaptability, safety and the use of apparatus

### Wall Charts

4 wall charts (A3 size) show key activities of actions, shapes and landings

### Work Cards

27 illustrated and laminated work cards (A4 size) incorporating teaching points, progressive steps in learning, advice on safety, support, preparation and assessment

### DVD

A DVD (powered by Dartfish technology) to demonstrate every skill/activity at each level and highlights important teaching points. Allows the coach/teacher to view the whole scheme by either Award Level or Category and provides footage of both front and side views. The DVD can be used with Dartfish, a video analysis tool, to compare the gymnast side by side to the reference clips. Dartfish allows the coach to capture footage and provide immediate visual feedback

### Achievement Charts

Group progress and personal achievement charts, printable from the DVD, provide the coach/teacher with the means to record group or class progress, and the gymnast the means to monitor personal progress

