



SKILLS AND LEVELS BOOKLET



KEEP TRACK OF YOUR SKILLS

PASS LEVELS AND PROGRESS

NAME _____

CLASS TIME _____

PERFORMANCE GOALS & GUIDLINES



Welcome to JUMP.performance!

WHAT TO EXPECT FROM JUMP

Our performance classes at JUMP aim to give you a FUN place to learn the foundation gymnastics and trampolining skills while also giving you the choice of what skills you want to learn!

WHAT WE EXPECT FROM YOU

We expect you to have FUN above all else!
However, we also expect you to follow all our JUMP rules and listen to your coaches.

YOUR GOALS FOR THE TERM



TERM PLAN AND DAILY STRUCTURE

DAILY STRUCTURE

- Warm up game to get the blood pumping
- Group warm up and weekly theme activities
- Individual skills work
- Warm down and conditioning
- FREE TIME

TERM PLAN + WEEKLY THEME

- Week 1 - Introduction and getting-to-know
- Week 2 - Trampoline Foundations
- Week 3 - Gymnastics Foundations
- Week 4 - Flip Rotation Development
- Week 5 - Twist Rotation Development
- Week 6 - Wall Skills
- Week 7 - Parkour
- Week 8 - Individual Skills
- Week 9 - Individual Skills
- Week 10 - Games and prize giving.

**WEEK 10
DRESS UP!**

LEVELS

We have a leveling system to help you track your progress. Once you have learnt a skill your coach will sign it off. Once you have learned all the skills in a level, you pass the level!!

TRAMPOLINING LEVELS

LEVEL 1

Seat drop		Pike jump	
Hands and knees		Straddle jump	
Back drop		Half turn	
Stomach drop		Full turn	
Tuck jump		3 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 2

Half turn to back		Back 180 to feet	
Half turn to stomach		Stomach to back	
Swivell hips		3 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 3

Cradle		Cat Twist	
Crash dive		Full twist to back	
Pull over		4 Skill combo	

NOTES AND COACH SIGN OFF

TRAMPOLINING LEVELS

LEVEL 4

Ballout to back		Front flip	
Backflip		4 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 5

Barani		3/4 Backflip	
Backflip half turn		1 & 1/4 Backflip	
Side flip		5 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 6

Front full		Back full	
Arabian		Front half to stomach	
Kaboom		5 Skill combo	

NOTES AND COACH SIGN OFF

TRAMPOLINING LEVELS

LEVEL 7

Rudy		Double Front	
Benald		Zach	
Cody		5 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 8

Double backflip		x2 full twist back	
Double kaboom		Double zach	
Randy		5 Skill combo	

GYMNASTICS & TUMBLING

LEVEL 1

Forward roll		Backward roll	
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NOTES AND COACH SIGN OFF

LEVEL 2

Cartwheel		Handstand (HS)	
HS Forward Roll		Dive Roll	

NOTES AND COACH SIGN OFF

GYMNASTICS & TUMBLING LEVELS

LEVEL 3

Round off (RO)		Handstand pop	
Cart Wheel x2		Back roll to HS	

NOTES AND COACH SIGN OFF

LEVEL 4

Back handspring (BHS)		Handstand Pop	
Front Handspring (FHS)		Front Walk Over	
Backflip		Frontflip	

NOTES

LEVEL 5

Backflip full twist		Arabian	
Frontflip RO		RO BHS	

NOTES AND COACH SIGN OFF

LEVEL 6

FHS frontflip		RO Backflip on ground	
Ro BHS Backflip		BHS on round	

NOTES AND COACH SIGN OFF

WALL SKILL LEVELS

LEVEL 1

Back drop bounces		Wall walk	
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NOTES AND COACH SIGN OFF

LEVEL 2

High wall walk		Hand plant	
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NOTES AND COACH SIGN OFF

LEVEL 3

Basic drop in		Wall 360	
Pull over to wall		3 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 4

Kick off to back		Single hand plant	
Cradle facing wall		3 Skill combo	

NOTES AND COACH SIGN OFF

WALL SKILL LEVELS

LEVEL 5

Wall Handstand		Front Drop in	
Invent a trick		4 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 6

Wall backflip		Manu drop in	
Half turn to frontflip		5 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 7

Rayden		Palm flip start	
Double wall 360		Wall flip start	
Kick off to flip		5 Skill combo	

NOTES AND COACH SIGN OFF

PARKOUR SKILL LEVELS

LEVEL 1

Safety roll		Step through vault	
Precision JUMP		2 Skill combo/run	

NOTES AND COACH SIGN OFF

LEVEL 2

Lazy Vault		Speed Vault	
3 Skill combo/run			

NOTES AND COACH SIGN OFF

LEVEL 3

Kong Vault		Dive roll	
Palm spin		4 Skill combo/run	

NOTES AND COACH SIGN OFF

LEVEL 4

Palm spin		Dive roll	
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NOTES AND COACH SIGN OFF

PARKOUR SKILL LEVELS

LEVEL 5 - TRICKING

Macaco		B-kick	
Scoot		4 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 6

Front flip		Backflip	
Gainer		4 Skill combo	

NOTES AND COACH SIGN OFF

LEVEL 7

Cork		B-Twist	
Cart Full		4 Skill combo	

NOTES AND COACH SIGN OFF



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