

GET AHEAD



at Songkran

Holiday Programmes at Harrow Bangkok

Flips and Tricks - Trampoline fun! (Y3 - Y13 / Ages 7 - 18 yrs) : Ms Natalie Greenidge

From beginners to advance, please join this exciting trampoline class which combines flips, tricks and other stunts. This class will help you build your confidence to perform routines made up of basic jumps, shapes and twists, with those more experienced developing into more advanced skills including somersaults. A range of progressive practices will be taught to any ability with beginners first of all learning the fundamentals of trampolining. If experienced but below Year 3 please enquire



Schedule: Week 1 (9th – 12th April 2018)

	Monday	Tuesday	Wednesday	Thursday	
1	<p>Developing trampoline skills</p> <p>Level 1 skills e.g. •Jumping and stopping: straight, tucked, piked and straddled jumps</p> <p>Level 2 skills e.g. •Seat landings, front landings and back landings •Jump with ½ and full twist</p>	<p>Developing trampoline skills</p> <p>Level 1 skills e.g. •Seat landings •Jump with ½ and full twist</p> <p>Level 2 skills e.g. •Twists into body landings •Twists from body landings</p>	<p>Developing trampoline skills</p> <p>Level 1 skills e.g. •Front landings and back landings</p> <p>Level 2 skills e.g. •Progressions leading to forwards somersaults, tucked and piked</p>	<p>Developing trampoline skills</p> <p>Level 1 skills e.g. •Forwards and backwards rolls •Hands and knees turnover to back</p> <p>Level 2 skills e.g. •Progressions leading to forwards/ backwards somersaults (various shapes)</p>	
2	<p>Trampoline session</p> <p>Routine development</p> <p>(Simple drills and routines using the above skill)</p>	<p>Trampoline session</p> <p>Routine development</p> <p>(Simple drills and routines using the above skill)</p>	<p>Trampoline session</p> <p>Routine development</p> <p>(Simple drills and routines using the above skill)</p>	<p>Trampoline session</p> <p>Final routine performance!!!</p>	
3	<p>Gymnastics/ Parkour session</p> <p>A session that combines flips, tricks and other stunts using various pieces of gymnastics equipment.</p>	<p>Gymnastics/ Parkour session</p> <p>A session that combines flips, tricks and other stunts using various pieces of gymnastics equipment.</p>	<p>Gymnastics/ Parkour session</p> <p>A session that combines flips, tricks and other stunts using various pieces of gymnastics equipment.</p>	<p>Gymnastics/ Parkour session</p> <p>A session that combines flips, tricks and other stunts using various pieces of gymnastics equipment.</p>	