

Trampolining Review

Do you take part in trampolining lessons and want to collect hours? Complete this form to earn ten hours in your Passport per membership period!

Name of Organisation -

Address -

Instructors Name -

Regular date/time -

Why did you choose to do trampolining? How did you hear about it?

What is your favourite skill have you learned during your lessons? How long did it take you to master?

What trampolining skills do you think you need to improve on? How can you achieve your improvements?

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List two things regarding safety that you need to consider whilst trampolining.

Who is your favourite professional trampoline gymnast? What do you admire about them?

Paste at least two photos of you at trampolining

Complete this form and return it to your school CU Coordinator to earn ten hours in your Passport to Learning. **Limit of ten hours per activity per year.**