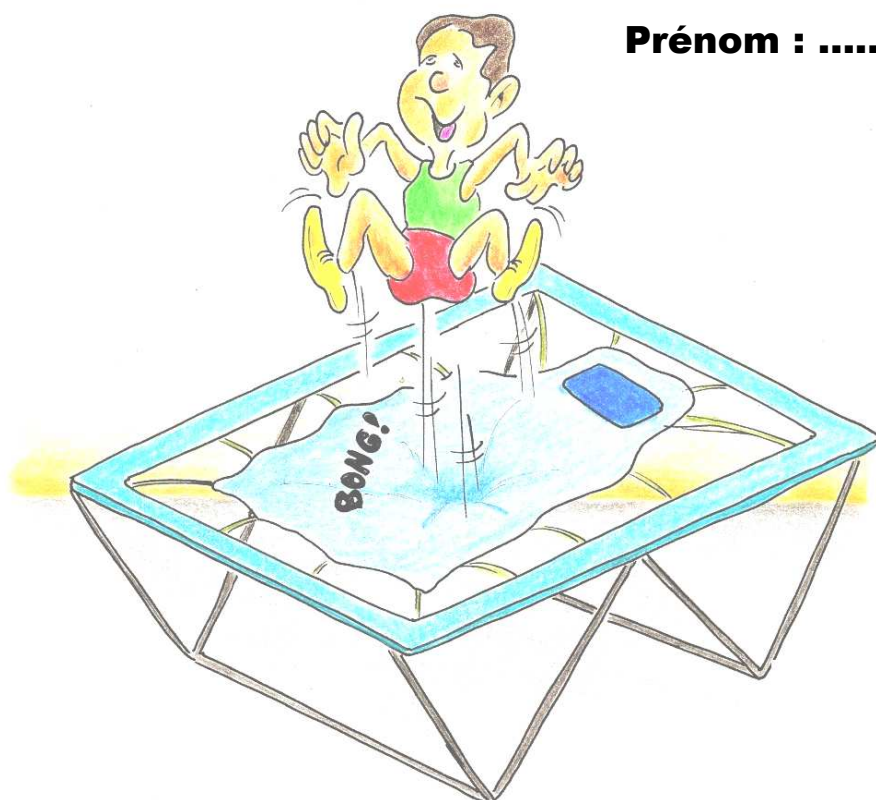
































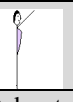

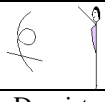

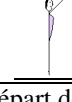

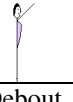


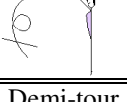


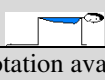
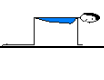




















TRAMPOLINE LIVRET DE PROGRESSION

Prénom :









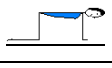










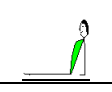
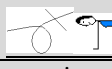


















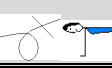














Trampoline bases

			
½ tour	Tour complet	rotation arrière	rotation avant





	1	2	3	4	5	stop	Atelier réussi
1	Départ à 						
	Quatre pattes	Quatre pattes	Quatre pattes	Quatre pattes	Debout	Stop	
2							
	Départ debout de l'arrêt	Quatre pattes	Quatre pattes	Quatre pattes	Debout	Stop	
3							
	Départ debout de l'arrêt	Quatre pattes	Quatre pattes	Debout	Demi-tour	Stop	
4							
	Départ debout	Quatre pattes	Quatre pattes	Debout	Demi-tour	Demi-tour et stop	
5							
	Départ debout	Tombé assis	Debout	Debout	Demi-tour	Demi-tour et stop	
6							
	Départ debout	Tombé assis	Debout	Tombé assis	Debout	Demi-tour	
7							
	Départ debout	Tombé assis	rotation avant Quatre pattes	Quatre pattes	Debout	Demi-tour et stop	
8							
	Départ debout	Tombé assis	Rotation avant Quatre pattes	debout	Debout	Tour complet stop	
9							
	Départ debout	Tombé assis	Rotation avant Quatre pattes	rotation arrière assis	debout	Tour complet et stop	
10							
	Départ debout	Tombé assis	½ tour Quatre pattes	rotation arrière assis	Debout	Tour complet et stop	





















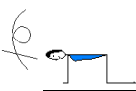



























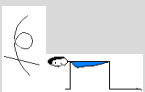

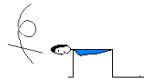



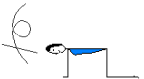


Trampoline niveau 1

			
½ tour	Tour complet	rotation arrière	rotation avant





	1	2	3	4	5	stop	Atelier réussi
1							
	Demi-tour	Tombé assis	Demi-tour quatre pattes	rotation arrière assis	Debout	Tour complet et stop	
2							
	Demi-tour	Tombé assis	Demi-tour quatre pattes	Demi tour assis	Debout	Tour complet et stop	
3							
	Demi-tour	Tombé assis	rotation avant quatre pattes	Quatre pattes	Debout	Tour complet et stop	
4							
	Demi-tour	Quatre pattes	Quatre pattes	rotation arrière assis	Debout	Tour complet et stop	
5							
	Demi-tour	Quatre pattes	rotation arrière assis	Demi -tour Quatre pattes	Debout	Tour complet et stop	
6							
	Demi-tour	Quatre pattes	rotation arrière assis	rotation avant quatre pattes	Debout	Tour complet et stop	
7							
	Demi-tour	Tombé assis	Demi-tour quatre pattes	rotation arrière assis	debout	Tour complet et stop	
8							
	Demi-tour	Tombé assis	Demi-tour quatre pattes	Demi-tour assis	debout	Tour complet et stop	

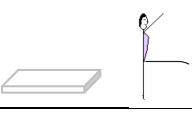
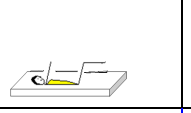
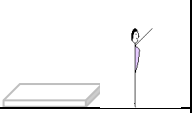
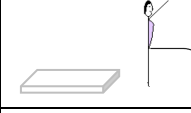
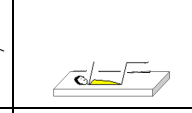
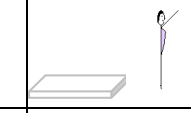


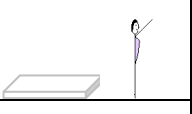
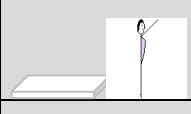


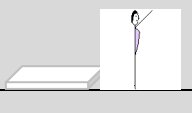

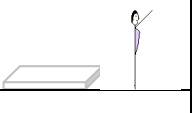
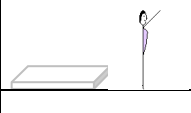

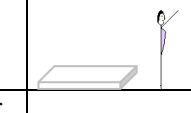
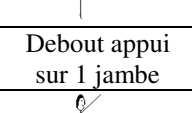
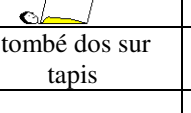
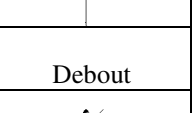
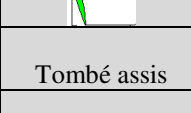
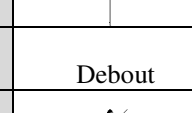
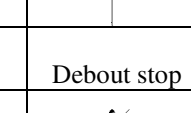
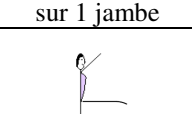
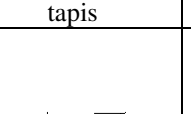
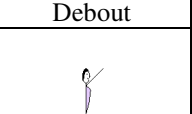

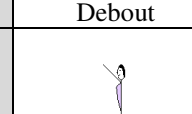
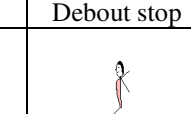
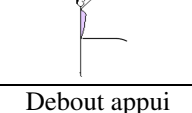
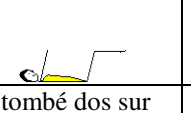
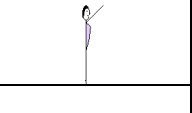
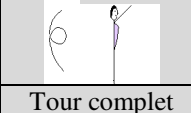
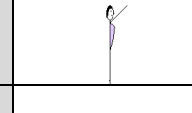
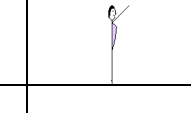
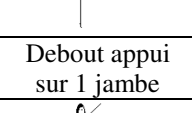
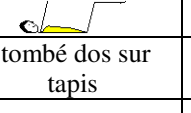
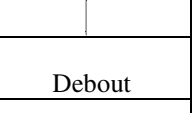
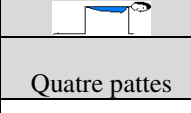
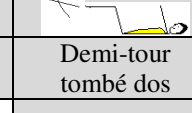
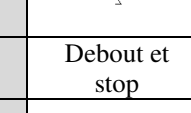
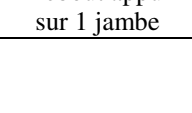
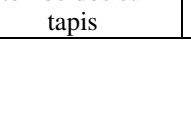
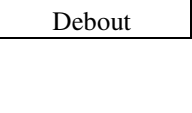
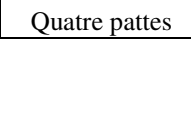
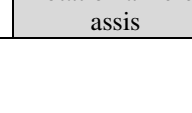
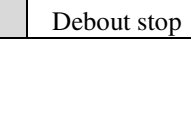






Trampoline niveau 2

			
½ tour	Tour complet	rotation arrière	rotation avant





	1	2	3	4	5	stop	Atelier réussi
1							
	Tour complet	Debout	Tombé assis	Debout	Debout	Debout et stop	
2							
	Tour complet	Debout	Tombé assis	Rotation avant quatre pattes	Debout	Debout et stop	
3							
	Tour complet	Debout	Tombé assis	Demi-tour quatre pattes	Debout	Debout et stop	
4							
	Tour complet	Debout	Tombé assis	Demi-tour quatre pattes	Demi-tour tombé dos	Debout et stop	
5							
	Tour complet	Debout	Tombé assis	Tombé dos	Tombé assis	Debout et stop	
6							
	Tour complet	Tombé assis	Tombé dos	Tombé assis	Debout	Debout et stop	
7							
	Tour complet	Tombé assis	Tombé dos	Demi-tour quatre pattes	Debout	Debout et stop	
8							
	Tour complet	Tombé assis	Tombé dos	Demi-tour quatre pattes	Demi-tour assis	Debout et stop	
9							
	Tour complet	Tombé assis	Demi-tour quatre pattes	Demi-tour tombé dos	Demi-tour quatre pattes	Debout et stop	
10							
	Tour complet	Tombé assis	Tombé dos	Demi-tour quatre pattes	Demi-tour tombé dos	Debout et stop	






















































Trampoline niveau 3

			
½ tour	Tour complet	rotation arrière	rotation avant





	1	2	3	4	5	stop	Atelier réussi
1							T A P I S
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Debout appui sur 1 jambe	tombé dos	Debout stop	
2							
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Debout	tombé dos sur tapis	Debout stop	
3							
	Debout	tombé dos sur tapis	Debout	Debout	tombé dos sur tapis	Debout stop	
4							
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Tombé assis	Debout	Debout stop	
5							
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Quatre pattes	Debout	Debout stop	
6							
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Demi-tour debout	Debout	Debout et stop	
7							
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Tour complet debout	Debout	Debout stop	
8							
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Quatre pattes	Demi-tour tombé dos	Debout et stop	
9							
	Debout appui sur 1 jambe	tombé dos sur tapis	Debout	Quatre pattes	rotation arrière assis	Debout stop	

Trampoline niveau 4

			
1/2 tour	Tour complet	rotation arrière	rotation avant

	1	2	3	4	5	stop	Atelier réussi
1							
	Debout de l'arrêt	Demi-tour assis	Debout	Debout	Tombé assis	debout et stop	
2							
	Debout de l'arrêt	Demi-tour assis	Debout	Debout	Tombé assis	Demi-tour debout et stop	
3							
	Debout de l'arrêt	Demi-tour assis	Rotation avant quatre pattes	Debout	Tombé assis	Demi-tour debout et stop	
4							
	Debout	Demi-tour assis	rotation avant quatre pattes	Debout	Tombé assis	Demi-tour debout et stop	
5							
	Debout	Demi-tour assis	Demi tour Quatre pattes	Debout	Tombé assis	Demi-tour debout et stop	
6							
	Debout	Demi-tour assis	rotation arrière dos	Debout	Tombé assis	Demi-tour debout et stop	
7							
	Debout	Demi-tour assis	rotation arrière tombé dos	Demi tour Quatre pattes	Debout	Demi-tour debout et stop	
8							
	Debout	Demi-tour assis	rotation arrière tombé dos	Demi tour Quatre pattes	Debout	Tour complet debout et stop	
9							
	Debout	Demi-tour assis	rotation arrière tombé dos	Debout	Debout	Tour complet debout et stop	

Trampoline niveau 5

			
½ tour	Tour complet	rotation arrière	rotation avant

	1	2	3	4	5	stop	Atelier réussi
1							tapis
	Quatre pattes	Tombé ventre	4pattes stop	Tombé ventre	Quatre pattes	Debout stop	
2							tapis
	Quatre pattes	Tombé ventre	Quatre pattes	Tombé ventre	Quatre pattes	Debout stop	
3			 frappe dans les mains				tapis
	Quatre pattes	Tombé ventre	Quatre pattes	Tombé ventre	Quatre pattes	Debout stop	
4			 frappe dans les mains				tapis
	Quatre pattes	Tombé ventre	Quatre pattes	Quatre pattes	debout	Debout stop	
5			 frappe dans les mains				Sans tapis
	Quatre pattes	Tombé ventre	Quatre pattes	Quatre pattes	debout	Debout stop	
6							
	Quatre pattes	Tombé ventre	Quatre pattes	rotation arrière tombé assis	Debout	Debout stop	
7							
	Quatre pattes	Tombé ventre	Quatre pattes	Demi-tour assis	Debout	Debout stop	
8							
	Quatre pattes	Tombé ventre	Quatre pattes	Demi-tour assis	Tombé dos	Debout stop	
9							
	Quatre pattes	Tombé ventre	Quatre pattes	Demi-tour tombé dos	tombé dos	Debout stop	
10							
	Quatre pattes	Tombé ventre	Quatre pattes	Demi-tour tombé dos	Demi-tour quatre pattes	Debout stop	

Consignes de sécurité

- 1. Toujours un par un sur le trampoline.**
- 2. Contrôler sa hauteur et ses déplacements sur le trampoline, être capable de s'arrêter net.**
- 3. Ne jamais passer sous le trampoline.**
- 4. Rester vigilant en parade.**
- 5. Stopper son rebond sur la croix et descendre en se mettant assis sur le rebord.**