
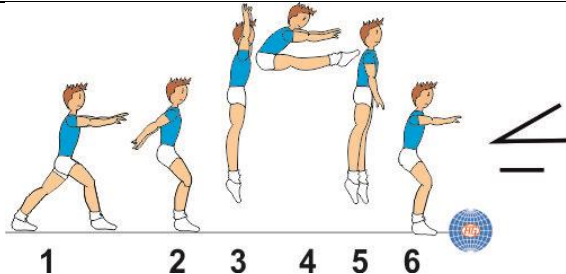
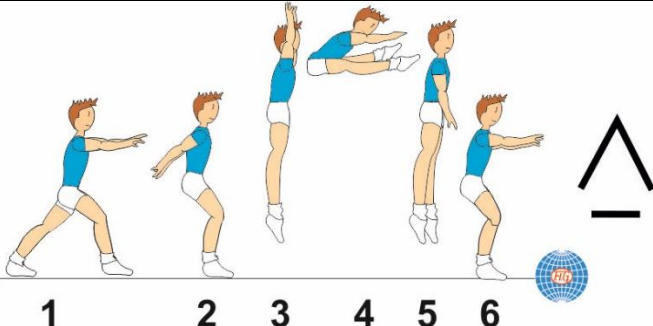


# Home-School Learning Collaboration – Physical Education

<b>Topics in this cycle:</b> <b>KS3 Trampolining</b>	<b>Taught: Spring 2</b>	<b>Year Group: KS3 (Year 7-9)</b>
<b>Key knowledge/concepts to be learnt ('Tell me about....')</b>		<b>Websites/blogs/YouTube links and further reading to deepen and consolidate learning</b>
<p><b>How do I use the trampolines safely?</b></p> <p><b>The Trampolinist/Pupil</b></p> <ol style="list-style-type: none"> <li>1. Always inform the coach/teacher of any medical condition or medication, which could affect performance.</li> <li>2. Always inform the coach/teacher of any accident in the last 6 months which resulted in unconsciousness from a blow to the head.</li> <li>3. Use the trampoline only when a coach/teacher is present and has given permission.</li> <li>4. Wear sports clothing and non-slip footwear, tie hair back and keep nails short.</li> <li>5. Pay attention when spotting.</li> <li>6. Be attentive to the coach/teacher and attempt new skills only after progressive training and permission.</li> <li>7. Avoid going under or swinging under the trampoline or end-decks.</li> <li>8. Avoid getting involved in 'tests of daring'.</li> <li>9. Avoid stepping on the bed when someone else is bouncing.</li> </ol> <div> <p><b>What are the different skills that I will learn in trampolining?</b></p> <div> <p><b>Basic jump shapes:</b></p> <ul style="list-style-type: none"> <li>▪ Straight</li> <li>▪ Tuck</li> <li>▪ Pike</li> <li>▪ Straddle</li> </ul> </div> <div> <p><b>Basic landings:</b></p> <ul style="list-style-type: none"> <li>▪ Seat drop</li> <li>▪ Front drop</li> <li>▪ Back drop</li> </ul> </div> <div> <p><b>Additional skills:</b></p> <ul style="list-style-type: none"> <li>▪ ½ twist</li> <li>▪ Full twist</li> <li>▪ 1 ½ twist</li> </ul> </div> <div> <p><b>Advanced skills:</b></p> <ul style="list-style-type: none"> <li>▪ Advanced twists (e.g. back drop, half twist, to front drop)</li> <li>▪ Swivel hips (Seat landing ½ twist to seat landing)</li> <li>▪ Turntable (half/full)</li> <li>▪ Cradle (back drop, half twist, to back drop)</li> <li>▪ Cat twist (back drop, full twist, to back drop)</li> <li>▪ Roller (seat drop, full twist to seat drop)</li> <li>▪ Front somersault</li> <li>▪ Back somersault</li> </ul>  </div> </div>		<p>Straddle Jump  <a href="#">The Straddle Jump - YouTube</a></p> <p>Pike Jump  <a href="#">PIKE JUMP TRAMPOLINE CENTRAL - YouTube</a></p> <p>Swivel Hips  <a href="#">SWIVEL HIPS - TRAMPOLINE CENTRAL - YouTube</a></p> <p>Front Landing  <a href="#">FRONT LANDING TRAMPOLINING SKILLS-TRAMPOLINE CENTRAL - YouTube</a></p> <p>Trampolining Routine  <a href="#">2nd Trampolining Competition (Routine 1) - YouTube</a></p>

Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
<b>Spotting</b>	The use of suitably sized and trained participants (or others), placed around the trampoline to assist trampolinists who may fall from the trampoline.	
<b>Balance</b>	an even distribution of weight enabling someone or something to remain upright and steady.	
<b>Fluency</b>	an attractive smooth quality in the way someone or something moves	
<b>Co-ordination</b>	The ability to use one or more body parts at the same time	
<b>Pike</b>		
<b>Rotation</b>	the action of rotating about an axis or centre.	<b>Family Learning Opportunities</b>  Going to trampoline parks or having a go at a local trampolining club:  Trampoline Park, Star City, B7 5SA <a href="#">Birmingham Star City   Gravity   Gravity Active Entertainment (gravity-uk.com)</a>
<b>Control</b>	To have control is to have the power to run something in an orderly way	
<b>Routine</b>	A sequence of actions.	
<b>Elevation</b>	The height to which something is raised.	
<b>Extension</b>	An act or instance of extending, lengthening, stretching out	
<b>Flexibility</b>	The range of movement possible at a joint	

<b>Straddle</b>		<p>Activ8 Trampolining Club: Action Indoor Sports, Marsh Hill, Erdington, Birmingham, B23 7EY <a href="http://birminghamtrampoliningactiv8.co.uk">Birmingham Trampolining Activ8 (activ8trampolining.co.uk)</a></p>
<b>Flight</b>	<p>The action or process of flying through the air</p>	
<b>Tuck</b>	