
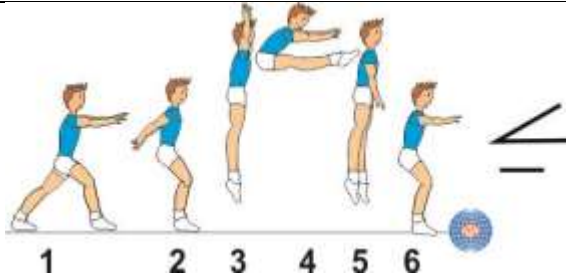
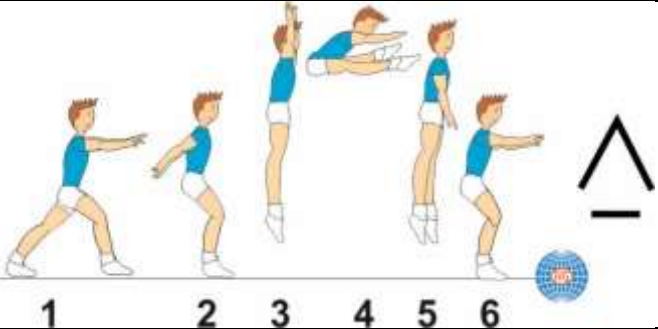


Topics in this cycle: KS3 Trampolining	Taught: Summer 1	Year Group: KS3 (Year 7-9)
Key knowledge/concepts to be learnt ('Tell me about...')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<p>How do I use the trampolines safely?</p> <p>The Trampolinist/Pupil</p> <ol style="list-style-type: none"> 1. Always inform the coach/teacher of any medical condition or medication, which could affect performance. 2. Always inform the coach/teacher of any accident in the last 6 months which resulted in unconsciousness from a blow to the head. 3. Use the trampoline only when a coach/teacher is present and has given permission. 4. Wear sports clothing and non-slip footwear, tie hair back and keep nails short. 5. Pay attention when spotting. 6. Be attentive to the coach/teacher and attempt new skills only after progressive training and permission. 7. Avoid going under or swinging under the trampoline or end-decks. 8. Avoid getting involved in 'tests of daring'. 9. Avoid stepping on the bed when someone else is bouncing. <div style="display: flex; justify-content: space-around;"> <div data-bbox="716 638 1052 861" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>Basic jump shapes:</p> <ul style="list-style-type: none"> ▪ Straight ▪ Tuck ▪ Pike ▪ Straddle </div> <div data-bbox="1086 638 1523 1324" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>Advanced skills:</p> <ul style="list-style-type: none"> ▪ Advanced twists (e.g. back drop, half twist, to front drop) ▪ Swivel hips (Seat landing ½ twist to seat landing) ▪ Turntable (half/full) ▪ Cradle (back drop, half twist, to back drop) ▪ Cat twist (back drop, full twist, to back drop) ▪ Roller (seat drop, full twist to seat drop) ▪ Front somersault ▪ Back somersault  </div> <div data-bbox="716 877 1052 1077" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>Basic landings:</p> <ul style="list-style-type: none"> ▪ Seat drop ▪ Front drop ▪ Back drop </div> <div data-bbox="716 1093 1052 1324" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>Additional skills:</p> <ul style="list-style-type: none"> ▪ ½ twist ▪ Full twist ▪ 1 ½ twist </div> </div> <p style="text-align: center;">What are the different skills that I will learn in trampolining?</p>		<p>Straddle Jump The Straddle Jump - YouTube</p> <p>Pike Jump PIKE JUMP TRAMPOLINE CENTRAL - YouTube</p> <p>Swivel Hips SWIVEL HIPS - TRAMPOLINE CENTRAL - YouTube</p> <p>Front Landing FRONT LANDING TRAMPOLINING SKILLS-TRAMPOLINE CENTRAL - YouTube</p> <p>Trampolining Routine 2nd Trampolining Competition (Routine 1) - YouTube</p>

Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
Spotting	The use of suitably sized and trained participants (or others), placed around the trampoline to assist trampolinists who may fall from the trampoline.	BASE Assessment <ul style="list-style-type: none"> • Beginning • Approaching • Secure • Exceeding
Balance	an even distribution of weight enabling someone or something to remain upright and steady.	
Fluency	an attractive smooth quality in the way someone or something moves	
Co-ordination	The ability to use one or more body parts at the same time	
Pike		
Rotation	the action of rotating about an axis or centre.	
Control	To have control is to have the power to run something in an orderly way	Family Learning Opportunities Going to trampoline parks or having a go at a local trampolining club: Trampoline Park, Star City, B7 5SA Birmingham Star City Gravity Gravity Active Entertainment (gravity-uk.com)
Routine	A sequence of actions.	
Elevation	The height to which something is raised.	
Extension	An act or instance of extending, lengthening, stretching out	
Flexibility	The range of movement possible at a joint	

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