
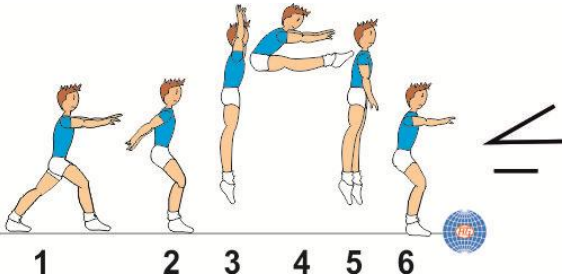
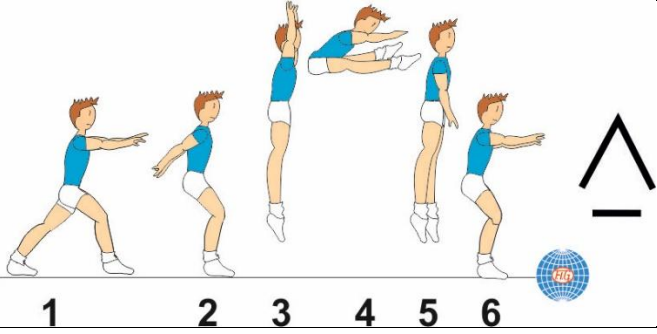
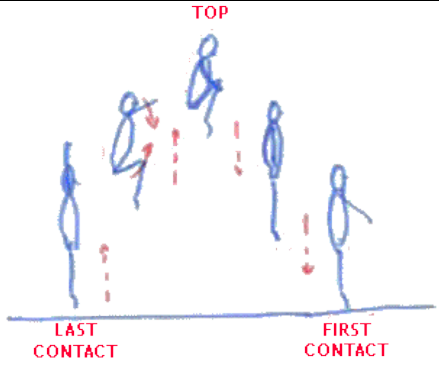


Home-School Learning Collaboration – Physical Education

Topics in this cycle: Trampolining	Taught:	Year Group: KS3 (Year 7-8)
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>What are the different skills that I will learn in trampolining?</p> <div data-bbox="91 520 902 1198"> <div> <p>Basic jump shapes:</p> <ul style="list-style-type: none"> ▪ Straight ▪ Tuck ▪ Pike ▪ Straddle </div> <div> <p>Basic landings:</p> <ul style="list-style-type: none"> ▪ Seat drop ▪ Front drop ▪ Back drop </div> <div> <p>Additional skills:</p> <ul style="list-style-type: none"> ▪ ½ twist ▪ Full twist ▪ 1 ½ twist </div> <div> <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>		<p>Straddle Jump The Straddle Jump - YouTube</p> <p>Pike Jump PIKE JUMP TRAMPOLINE CENTRAL - YouTube</p> <div data-bbox="1406 579 1982 810"> <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> <p>Swivel Hips SWIVEL HIPPS - 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.	<u>Quality of Performance</u> Students will be BASE assessed on their practical skills related to trampolining through performing individual skill in isolation and in a trampoline routine.
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		<u>Quality of theoretical Understanding</u> Students will also be assessed on their theoretical knowledge related to trampolining. Including <ul style="list-style-type: none"> • Skills and techniques • Analysis of performance
Rotation	the action of rotating about an axis or centre.	Family Learning Opportunities Going to trampoline parks or having a go at a local trampolining club: Trampoline Park, Star City, B7 5SA
Control	To have control is to have the power to run something in an orderly way	
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	Birmingham Star City Gravity Gravity Active Entertainment (gravity-uk.com)
Straddle	 <p>The diagram illustrates a straddle jump sequence in six numbered steps. Step 1: A person in a blue shirt and white shorts is in a starting crouch. Step 2: The person is jumping upwards. Step 3: The person is in mid-air with legs spread wide. Step 4: The person is at the peak of the jump with legs spread wide. Step 5: The person is descending with legs spread wide. Step 6: The person is landing in a crouch. To the right of the sequence is a triangle symbol with a horizontal line underneath it, and a small globe icon.</p>	<p>Activ8 Trampolining Club: Action Indoor Sports, Marsh Hill, Erdington, Birmingham, B23 7EY</p> <p>Birmingham Trampolining Activ8 (activ8trampolining.co.uk)</p>
Flight	The action or process of flying through the air	
Tuck	 <p>The diagram illustrates a tuck jump sequence. It shows a person in a blue shirt and white shorts jumping. The sequence is labeled with 'LAST CONTACT' at the start, 'TOP' at the peak of the jump, and 'FIRST CONTACT' at the landing. The person is shown in a tuck position during the flight.</p>	