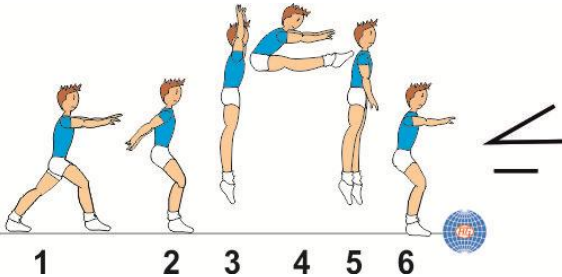
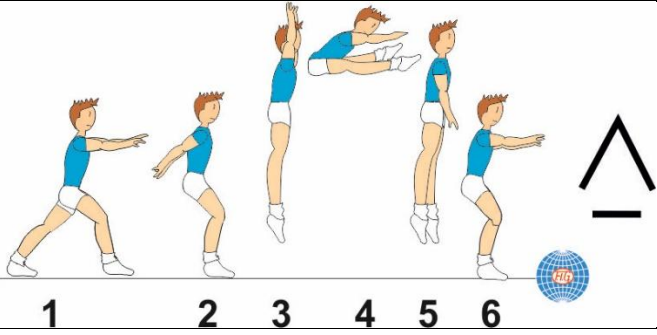


Home-School Learning Collaboration – Physical Education

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
How do I use the trampolines safely? What are the different skills that I will learn in trampolining? Basic jump shapes: ▪ Straight ▪ Tuck ▪ Pike ▪ Straddle Basic landings: ▪ Seat drop ▪ Front drop ▪ Back drop Additional skills: ▪ ½ twist ▪ Full twist ▪ 1 ½ twist Advanced skills: ▪ 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 		Straddle Jump The Straddle Jump - YouTube Pike Jump PIKE JUMP TRAMPOLINE CENTRAL - YouTube The Trampolinist/Pupil 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. Swivel Hips SWIVEL HIPS - TRAMPOLINE CENTRAL - YouTube Front Landing FRONT LANDING TRAMPOLINING SKILLS- TRAMPOLINE CENTRAL - YouTube Trampolining Routine 2nd Trampolining Competition (Routine 1) - YouTube

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