

Topics in this cycle: Boys PE Options -Trampolining	Taught: Spring 1	Year Group: 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. <p>What are some of the rules of competitive trampolining?</p> <p>Are your moves on the trampoline up to competitive stage?</p> <p>Here are some of the basic rules for trampolining:</p> <ul style="list-style-type: none"> • A routine must always start and finish on feet. • Competitors must start their routine within 60 seconds after presenting to the judges. • Competitors are permitted up to one "out bounce", a straight jump to control their height at the end of a routine, before sticking the landing. • The trampolinist must stop completely – this means that the bed must stop moving – and they have to hold still for a count of 3 seconds before moving. • In competitions, moves must usually be performed in one of the following 3 basic shapes: Tucked, piked straight. 	<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> <p>Front Somersault Trampoline Central = Forward Somersault (Tucked) Demo - YouTube</p>	

What are the different skills I will learn in Trampolining?

Basic jump shapes:

- Straight
- Tuck
- Pike
- Straddle

Basic landings:

- Seat drop
- Front drop
- Back drop

Additional skills:

- $\frac{1}{2}$ twist
- Full twist
- $1\frac{1}{2}$ twist

Advanced skills:

- Advanced twists (e.g. back drop, half twist, to front drop)
- Swivel hips (Seat landing $\frac{1}{2}$ 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



Back Somersault

[BACKWARDS SOMERSAULT TUCKED DEMO - TRAMPOLINE CENTRAL - YouTube](#)

Cat Twist

[Trampoline Central - Cat Twist Demo. Back Drop, Back Landing, - YouTube](#)

Key Vocabulary and Definitions to Be Learnt

Spotting

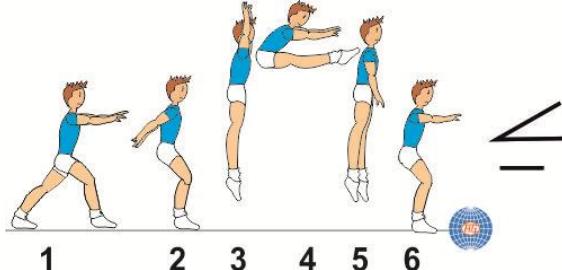
The use of suitably sized and trained participants (or others), placed around the trampoline to assist trampolinists who may fall from the trampoline.

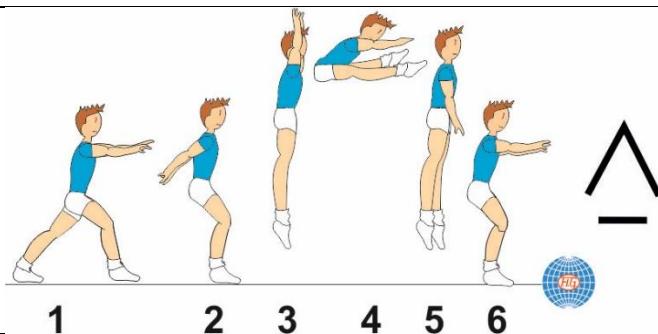
Balance

an even distribution of weight enabling someone or something to remain upright and steady.

What Will the Assessment Look Like?

Quality of Performance

Fluency	an attractive smooth quality in the way someone or something moves	Students will be BASE assessed on their practical skills related to trampolining in isolation and recognised routines.
Co-ordination	The ability to use one or more body parts at the same time	
Pike		<p><u>Quality of theoretical Understanding</u></p> <p>Students will also be BASE assessed on their theoretical knowledge related to trampolining. Including</p> <ul style="list-style-type: none"> • Rules and regulations • Trampolining Skills • Choreography • Analysis of performance
Rotation	the action of rotating about an axis or centre.	Family Learning Opportunities
Control	To have control is to have the power to run something in an orderly way	Going to trampoline parks or having a go at a local trampolining club: Trampoline Park, Star City, B7 5SA
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>1 2 3 4 5 6</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	