



KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in Trampolining. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

Y7

Trampolining

Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

1. Practice your shapes on the floor, practice the correct technique.
2. Create a Trampolining warm up: Pulse raiser and stretches.
3. Name three safety rules on the trampoline.
4. How can you increase focus and balance on a trampoline.
5. Name a GB Trampolinist.



KEY VOCAB

Core skills	Shapes: tuck
	Shapes: straddle
	Shapes: pike
	Twists: half
	Twists: full
	Seat Drop
	Seat Drop 1/2 turn out
	Seat Drop 1/2 turn in
	Swivel Hips

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Straight jumps:

<https://www.youtube.com/watch?v=kWrs4-uVSQc>

Tuck jump:

<https://www.youtube.com/watch?v=LRJcVZ9AYjI>

Straddle jump:

<https://www.youtube.com/watch?v=rMXaT6TnsR>

BROADEN YOUR KNOWLEDGE

