

Y8 Trampolining

## **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.

# Control, Accuracy and Fluency

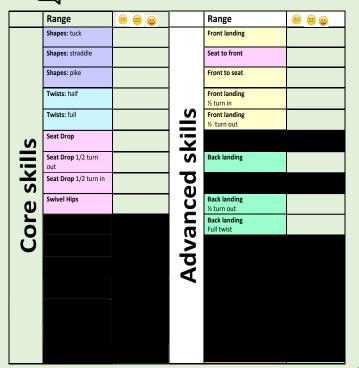
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

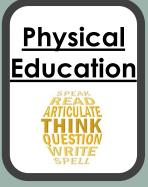
Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

#### 5 minute Challenge

- 1. How many straight jumps can you land on the X in 30 seconds?
- 2. Practice the technique of your straddle jump.
- 3. Create a three bounce routine.
- 4. What are the key teaching points for a turn?
- 5. Create a stretching practice to improve flexibility.

## KEY VOCAB







#### Seat Drop:

https://www.youtube.com/watch?v=uHJznS7ZkWo

Seat drop ½ turn out:

https://www.youtube.com/watch?v=Wpam55ZZnQE

Swivel hips:

https://www.youtube.com/watch?v=h66HXf3 vBU

### **BROADEN YOUR KNOWLEDGE**

