



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.

Y8

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. 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

Range	😊 😐 😞	Range	😊 😐 😞
Shapes: tuck		Front landing	
Shapes: straddle		Seat to front	
Shapes: pike		Front to seat	
Twists: half		Front landing ½ turn in	
Twists: full		Front landing ¾ turn out	
Seat Drop		Back landing	
Seat Drop 1/2 turn out		Back landing ¾ turn out	
Seat Drop 1/2 turn in		Back landing Full twist	
Swivel Hips			

Core skills

Advanced skills

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Seat Drop:

<https://www.youtube.com/watch?v=uHJznS7zkWo>

Seat drop ½ turn out:

<https://www.youtube.com/watch?v=Wpam5ZZnQE>

Swivel hips:

https://www.youtube.com/watch?v=h66HXf3_vBU

BROADEN YOUR KNOWLEDGE

