



## 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.

Y9

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. What are the three phases of a skill in trampolining?
2. Create a skill card for swivel hips.
3. Practice the front landing position.
4. Create a 5 bounce routine.
5. Practice the back landing position.



## KEY VOCAB

Core skills	Shapes: tuck		Advanced skills	Front landing
	Shapes: straddle			Seat to front
	Shapes: pike			Front to seat
	Twists: half			Front landing ½ turn in
	Twists: full			Front landing ½ turn out
	Seat Drop			Front landing Full twist in
	Seat Drop 1/2 turn out			Back landing
	Seat Drop 1/2 turn in			Back landing ½ turn in
	Swivel Hips			Back landing ½ turn out
				Back landing Full twist
		Back to front		
		Cradle		
		Front to back		
		Half turntable		
		Front somersault (tucked)		
		Back somersault (tucked)		

## Physical Education

SPEAK  
READ  
ARTICULATE  
THINK  
QUESTION  
WRITE  
SPELL



## LINKS FOR FURTHER RESEARCH

Front landing:

<https://www.youtube.com/watch?v=mGxWuC9ajW8>

Seat landing to front landing:

<https://www.youtube.com/watch?v=NZH7c7cOt2s>

Back landing:

<https://www.youtube.com/watch?v=95B-XHcKgZM>

## BROADEN YOUR KNOWLEDGE

