

Year 10 Physical Education Knowledge Booklet

Trampolining

Name:

Class:



What PE kit do I need?

Black school PE leggings/tracksuit bottoms, blue school PE t-shirt and white sports socks/trampolining socks.

Nylon socks are advised against as they can be a slip hazard.

Assessment Criteria

3	Performs all jumps, 2 landing positions and 2 combinations, shows some style, travel may occur.	
4	Performs all jumps, 2 landing positions, 3 combinations, performs 8 bounce routine.	
5	Performs all the jumps, all the landing positions, 4 combinations and 1 basic twist.	
6	Performs all jumps, all landing positions, 5 combinations, 1 basic twist, 1 basic somersaulting move.	
7	Performs all the combinations, 2 basic twists, 1 advanced twist, 2 basic somersaulting moves.	
8	Performs all combinations, all basic twists, 1 advanced twist, 2 basic somersaulting moves.	
9	All combinations, 2 advanced twists, 2 basic somersaulting moves (including front or back somersault).	
P7	Personal	Consistently demonstrate a positive attitude to learning. I practice independently to make improvements.
T8	Thinking	Critically analyse and evaluate all aspects of individual and team performance and have the ability to solve complex problems.

Big Questions

1. What are the safety rules surrounding trampolining? How do we perform the basic shapes on the trampoline?
2. What is the correct technique for a seat landing?
3. What is the correct front landing technique?
4. What is the correct back landing technique?
5. How can we combine the basic landing positions to perform combination moves?
6. How do we develop our learnt skills into fluent and controlled routes?

Web Links:

Bryony Page – Team GB Gymnast:

https://www.youtube.com/watch?v=u8Qpm3_Ni6I

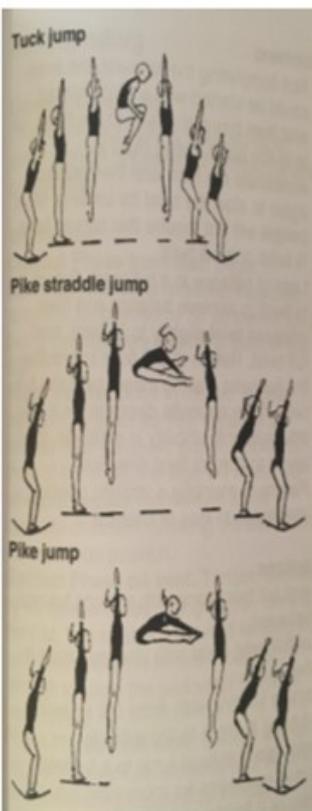
Intermediate trampoline skills:

<https://www.youtube.com/watch?v=sAR9keRTfDk>



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SHAPED JUMPS



Teaching Points for Tuck Jumps

- Bring knees to stomach
 - Chest high
 - Hold lower calves
- Shape should hit at top of jump
- Eyes looking towards mat
 - Pointed toes

Teaching Points for Pike Straddle Jump

- Bend at the hip and bring legs up
 - Keep chest up
- Eyes looking at the end of mat
- Straight legs and pointed toes
- Shape should hit top of jump
- Reach down legs as far as possible

Teaching Points For Pike Jump

- Bend at hips and bring legs to chest
 - Keep chest high
- Straight legs and pointed toes
- Reach down legs as far as possible

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SEAT LANDING

Teaching Points for Seat Landing

- Start on the cross
- Lift hips and push toes forward towards the end of the trampoline
- Keep legs straight and together
- Land with bottom on the cross and hands either side of the hips (fingers facing toes)
- Push up with hands and push hips up to stand



Common Errors:

Land with hips behind the cross - push hips forwards slightly in the take of phase.

Landing with feet in the air - keep body straighter for longer and squeeze body when landing. Don't lean back when in the landing phase.

Progressions:

You can only move to the next step once you and your group agree that you can perform the previous step with high quality.

Step:	Progressions:
1	Show the correct landing position on the bed. Sit down with legs out straight and together, put arms by side, hands next to hips facing towards your toes and looking ahead.
2	Push and go (no bounces) into seat landing. This can be performed with a mat if feeling unconfident. After performing this a few times, try to stand afterwards.
3	Perform 3 small bounces into a seat landing (can use mat if needed). Once this can be performed confidently, show a straight shape both before and after the seat landing.
4	Perform the seat landing with height, control and quality.
5	Once this can be performed confidently, add a seat landing into a 5 bounce routine.

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FRONT LANDING

Teaching Points for Front Landing

- Make a diamond shape with arms above head
- Look ahead to the end of the bed or the mat
- Push feet backwards so belly button lands on the cross
- Body should all be in contact with the bed at the same time
- Knees should be slightly bent and raised



Common Errors:

Driving forwards - lift body up and aim for belly button on the cross. Don't jump forwards to land

Landing feet first - push feet and hips further back in take off

Progressions:

You can only move to the next step once you and your group agree that you can perform the previous step with high quality.

Step:	Progressions:
1	Lay on the bed and show the landing position. From hands and knees, go into a front landing. When confident, add some hands and knees bouncing into front landing.
2	Stand on the mat in a crouching position and push and go into a front landing. Gradually stand up straighter and perform a front landing from a push and go. (still using the mat)
3	When confident, go back to crouching and perform front landing without the mat and gradually stand up to begin the movement.
4	Add a few bounces before the take off (can have the mat thrown in to built confidence).
5	When confident without the mat when gaining height, add front landing into a five bounce routine. Can you change the shape of the front drop?

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BACK LANDING

Teaching Points for Half Twist Front Landing

- Turn head and shoulders the way you want to turn
- Look for the end of bed or behind
- Keep body straight in the half twist
- Allow feet to start to move forwards and the beginning of the take off



Common Errors:

Landing on lower back - needs to lift hips up more in take off and relax neck

Springing forward to stand - needs to bend legs and push feet upwards to stand

Progressions:

You can only move to the next step once you and your group agree that you can perform the previous step with high quality.

Step:	Progressions:
1	Lay on back on mat and show correct shape when landing. Perform back bounces under control. After this, start in seat landing and go into back landing on mat.
2	From crouching, jump back to land on middle of back. Legs slightly angled and hands holding a beach ball. (do this with mat)
3	Slowly add bounces when crouching to jump back to stand. (can start on mat or mat can be pushed in, depending on confidence)
4	Start standing with arms up, add bounces to back landing to stand. Once confidence is built, gain more height.
5	Once back landing can be done from height and with confidence, add this into a small routine.

Questions

What is the minimum number of spotters required?

Why so we have spotters around the trampoline?

Is bouncing bare foot permitted?

When is it acceptable to bounce without socks on?

List and explain 4 safety points to remember when trampolining

1

2

3

4

Name the three basic body shapes used in trampolining

Name the three basic landing positions in trampolining

What progressions could you make to a landing to make it more difficult?

How many skills does a routine consist of?

