KS3 Core PE — Unit Title Trampolining

Unit Overview

The trampolining unit is studied in Years 7, 8 & 9. Over the key stage the content becomes more challenging as students develop and build on their skills, techniques and tactical awareness.

What your child needs to <u>know</u> and be able to <u>do</u> by the end of this unit of work:

Year 7	Year 8	Year 9
• how to straight bounce • how to complete a controlled stop • how to complete basic shapes (tuck, pike, straddle) • how to half twist • how to complete a seat landing • hot to complete a front landing • how to construct a basic 8-10 bounce routine • introduction of coaching / evaluation to aid performance	• how to full twist • how to twist into a seat landing • how to twist out of a seat landing • how to transfer from a seat landing to a front landing • how to complete a back landing • how to construct an 8-10 bounce routine to incorporate more complex skills • consolidate coaching and evaluation skills to identify strengths and areas for improvement	• how to twist into a front drop • hot to twist out of a front drop • how to begin to master advanced skills (back to front landing, front to back landing, turn tables, somersaults) • how to build a higher scoring routine using tariff and difficulty rating. • 8-10 bounce routine development to include fluency • how to further develop coaching and evaluation skills to aid performance and future skills

The <u>key vocabulary</u> your child needs to <u>understand</u> in order to access this unit of work

Difficulty, execution, coaching, evaluating, flexibility, core, muscular endurance, balance, tension, aesthetic