



Year 7 Trampolining Learning Journey



Equipment needed

- Trampolining
- End decks
- Mats

Reminders

- We will be inside for this lesson .
- You will need socks only.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Baseline
<u>Lesson 2</u>	Trampoline Safety and Basics Trampoline safety, straight jumps and tuck jumps
<u>Lesson 3</u>	Aerial Shapes Recap on tuck jump and look at Straddle and Pike
<u>Lesson 4</u>	Twists Half and full twists
<u>Lesson 5</u>	Seat landing Include a seat landing into a short routine.
<u>Lesson 6</u>	Combination movements Twists into and out of seat landings and swivel hips.
<u>Lesson 7</u>	Routine development and performance Link movements to create a 6-bounce routine.
<u>Lesson 8</u>	Assessment

Keywords

Aerial	Combination	Tuck	Pike	Straddle	Swivel Hips
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