



Year 9 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>	Trampoline safety and Aerial shapes recap Run through health and safety and look at tuck, straddle and pike jumps. Focus on aesthetics.
<u>Lesson 2</u>	Front landings Recap on front landings and practices of basic combination movements into and out of.
<u>Lesson 3</u>	Back landings Recap on back landings and practices of basic combination movements into and out of.
<u>Lesson 4</u>	Advanced combination movements Learn more difficult combinations such as cradle, roller and turntable.
<u>Lesson 5+</u>	Routine development and performance. Self and peer assessment Link movements to create a 10-bounce routine.

Keywords

Aesthetics

Cradle

Roller

Turntable