



# 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>	<b>Trampoline safety and Aerial shapes recap</b>  Run through health and safety and look at tuck, straddle and pike jumps. Focus on aesthetics.
<u>Lesson 2</u>	<b>Front landings</b>  Recap on front landings and practices of basic combination movements into and out of.
<u>Lesson 3</u>	<b>Back landings</b>  Recap on back landings and practices of basic combination movements into and out of.
<u>Lesson 4</u>	<b>Advanced combination movements</b>  Learn more difficult combinations such as cradle, roller and turntable.
<u>Lesson 5</u>	<b>Routine development and performance</b>  Link movements to create a 10-bounce routine.
<u>Lesson 6</u>	<b>Routine development and performance</b>  Link movements to create a 10-bounce routine.

## Keywords

Aesthetics

Cradle

Roller

Turntable