

SUBJECT: PE

UNIT: Year 9 Trampolining



Skills	Teaching Points
1. The Straddle Jump	- As you take off, bring your legs apart and extend them out to the sides of you more than 90 degrees and horizontal. - Straighten your arms, place them out to sides like legs, and place hands on knees/legs. - Keep your upper body and head as still as possible. - Ensure your toes are pointed and you are looking forwards.
2. The Tuck Jump	- As you take off, bring your arms away from your sides and extend them out in front of you and elevate your arms quickly above your head. - Keep your upper body and head as still as possible. - As you begin to reach the peak of the jump, bring your knees upwards and into the chest. - Ensure that both knees are tucked tight into the chest and the shins are vertical with the floor and parallel to your back. - Bring the arms down from the extended position and touch the hands just below the front of the knees.
3. The Pike Jump	- As you take off, keep your legs together and straight and extend them out in front of you. - Knees should be straight and both knees and feet together touching. - Straighten your arms, extend them out forwards and place hands on knees/legs. - Keep your upper body and head as still as possible. - Ensure your toes are pointed and you are looking forwards.
4 Seat Drop	- As you take off, bring your arms away from your sides and extend them out in front of you and elevate your arms quickly above your head. - Begin to tilt your pelvis upwards slightly to create a natural leg lift. - Keep straight legs and do not purposely lift them up. - Keep your upper body and head as still as possible. - Maintain position. - As you begin to lose height, bring your arms down to make contact with the bed just behind your bottom and extend your feet forwards. - Ensure you land with your back close to upright and hands tucked in just behind your bottom with the fingers pointing forwards in the same way as your toes
5. Swivel Hips	Seat drop as before – except your turn in the air (half twist) and complete another seat drop before returning to feet. Best way to learn is to break it up into the following progressions: - Seat drop to feet, half twist to feet, seat drop to feet. - Seat drop into half twist to feet, seat drop to feet. - Full swivelhips
6. Front Drop	- As you take off, bring your arms away from your sides and extend them out in front of you and elevate your arms quickly above your head. - Hold this upright position and begin to slightly push your hips backwards as you gain height. - Keep your arms up and fingers in a position directly above your toes. - Ensure extension of your arms and legs and allow the hip movement to provide the forward rotation. - Do not look down and keep your eyes focused towards an end wall. - Keep your upper body and head as still as possible. - Maintain position. - As you begin to lose height, bend your arms down to form a diamond shape with the hands overlapping slightly in front of the face. - Your legs should be slightly bent at the knee and the body held in tension for a good landing. - At impact, ensure that your hips are in a position to help you land in approximately the same place as your take-off position. Progressions Feet to hands and knees bounce, to front drop, to hands and knees bounce to feet.

Routine 1

Full Twist
Tuck Jump
Swivel Hips to Feet
Pike Jump
Seat drop to Feet
Straddle Jump
Half Twist

Routine 2

Tuck Jump
Straddle Jump
Seatdrop to Feet
Half twist
Seatdrop to Feet
Pike Jump
Full Twist

Routine 3

Half Twist
Straddle Jump
Swivel Hips to Feet
Tuck Jump
Seatdrop to Feet
Pike Jump
Full Twist

Routine 4

Straddle Jump
Swivel Hips to Feet
Pike Jump
Front Drop to Feet
Full Twist
Tuck Jump
Straddle Jump

Front landing	On impacting on the trampoline landing on the chest, then rebounding back to your feet.
Front landing with rotation - Front ½ twist to feet ½ twist into Front	On impacting on the trampoline landing on the chest: Turning in the air to land back on the feet. Turning in the air prior to landing on the trampoline
Back landing	On impacting on the trampoline landing on the back, then rebounding back to your feet.
Back landing with rotation Back ½ twist to feet	On impacting on the trampoline landing on the back, then Turning in the air to land back on the feet.
Turn Table	Front landing ½ twist to front landing
Cradle	Back landing 1/2 twist to back landing
Front Somersault	Jump from feet, rotating forwards over your head, landing on your feet again (360 degrees rotation), can be performed tucked, piked, and straight
Back Somersault	Jump from feet, rotating backwards over your head, landing on your feet again (360 degrees rotation), can be performed tucked, piked, and straight

1. Half twist
2. Straddle jump
3. Seat landing
4. To front landing
5. To feet
6. Pike jump
7. Back landing
8. to feet
9. Tuck jump
10. Half twist

1. Half twist
2. Pike jump
3. Seat landing
4. ½ twist to feet
5. Straddle jump
6. Tuck jump
7. Back landing
8. To feet
9. Tuck jump
10. Front somersault (tuck/pike)

1. Back somersault
2. Tuck jump
3. Seat landing
4. ½ twist to Seat landing
5. To feet
6. Straddle jump
7. Back landing
8. ½ twist to feet
9. Tuck jump
10. Full twist