

Lowton C of E High School PE Department Scheme of Work

SMSC – M5

UNIT	Trampolining			Band	A
Learning Outcomes: Lower Band A			Learning Outcomes: Upper Band A		
Can perform two of the basic landing positions			Can perform two of the basic landing positions with evidence of tension and style.		
Can perform a controlled seat drop landing			Can perform two of the combination moves at low height and lack of control and style		
Can demonstrate a front landing from low height and travel may occur			Can demonstrate a front landing		
Can demonstrate a back landing from low height and travel may occur			Can demonstrate a back landing		
Can demonstrate all shaped moves with some degree of control			Can perform an 8-bounce routine		
Developing skills in physical activity	Practice Situations	Decision Making	Evaluating and Improving	Making Informed choices about healthy active lifestyles	
Shapes: • Tuck • Straddle • Pike Twists: • Half • Full Rotational movements: • Seat Drop • Back landing • Front landing Combined movements: • Half/full twist in/out of seat drop • Swivel Hips • Seat to front	Individual turns to practice skills in isolation with a focus on developing control and body tension. Developing sequences linking basic shapes and landings together. Develop a basic understanding of axis of rotation	Selects correct choice some of the time e.g order of the skills in routine Body awareness Memory and recall of sequences and correct choice of sequence Awareness of the rules and regulations of the activity and their application	Peer and self-assessment – video technology to highlight areas for improvement / development Reviewing and reflecting upon the composition of their routine e.g. changing the order of the skills. Practice repeated moves to improve quality of performance and execution Knowledge of terminology	Components of HRE and SRF important in trampolining Methods of training that would improve performance in trampolining Long term effects of exercise Major bones and joints of arms and legs Aerobic and anaerobic exercise	

- Front to seat
- Back to front
- Front to back

