

Lowton C of E High School PE Department Scheme of Work

SMSC – M5

UNIT	Trampolining			Band	C / D
Learning Outcomes: Lower Band C			Learning Outcomes: Upper Band C		
Can perform all the combination moves but may lack rotation and height			Can perform the 10-bounce routine in swing time at good height and form		
Can perform two of the basic twists with good form and technique			Can perform all the combination moves in good form and technique		
Can perform one of the basic somersaulting moves			Can demonstrate one of the advanced twists		
Can perform the 10 bounce routine in swing time			Can perform two of the basic somersaulting moves		
Can demonstrate an out bounce and controlled stop			Can perform a front somersault with teacher support		
Learning Outcomes: Lower Band D			Learning Outcomes: Upper Band D		
Can perform all the combination moves			Can perform at least of two advanced twists at good height and form		
Can perform all of the basic twists with good form and technique			Can show all moves with very good style, control and height		
Can perform two of the basic somersaulting moves			Can perform 10 bounce routines in swing time with no travel or casting		
Can perform the 10 bounce routine in swing time			Can perform a somersault within the 10 bounce routine		
Can perform a front or back somersault					
Developing skills in physical activity	Practice Situations	Decision Making	Evaluating and Improving	Making Informed choices about healthy active lifestyles	
<ul style="list-style-type: none"> • Back to front • Front to back • Half turntable • Cradle • Front somersault (tucked) • Back somersault (tucked) <p>Quality of execution: Form, to include:</p> <ul style="list-style-type: none"> • The quality of the individual elements of the sequence • Sequence's accuracy as well as its conformity to 	<p>Developing sequences linking that include combined movements performed with flow and control</p> <p>Developing knowledge of how and when to twist</p> <p>Understanding which axis they are twisting around</p>	<p>Consistently showing good compositional understanding that results in flow - order of the skills in routine</p> <p>Body awareness</p> <p>Memory and recall of sequences and correct choice of sequence</p> <p>Awareness of the rules and regulations of the activity and their application - including judging signals</p>	<p>Peer and self-assessment – video technology to highlight areas for improvement / development</p> <p>Reviewing and reflecting upon the composition of their routine e.g. changing the order of the skills.</p> <p>Practice repeated moves to improve quality of performance and execution</p>	<p>Components of HRE and SRF important trampolining</p> <p>Methods of training that would improve performance in trampolining</p> <p>Long term effects of exercise</p> <p>Major bones and joints of arms and legs</p> <p>Aerobic and anaerobic exercise</p> <p>Classes of levers and their application in trampolining</p> <p>Balanced diet and its importance related to performance in trampolining</p>	

<p>regulations</p> <ul style="list-style-type: none"> • Height <p>Consistency:</p> <ul style="list-style-type: none"> • Continuity/flow of the sequence <p>Control, to include:</p> <ul style="list-style-type: none"> • Success in both the individual elements and the sequence as a whole; • Centring; • Phasing. • Maintenance of height and body position 		<p>Consistently selects correct choice of action e.g difficulty of routine, balance of difficulty with quality of execution</p> <p>Acceleration/deceleration of movements</p> <p>Use of flight</p> <p>Spatial awareness</p> <p>Use of showmanship</p>	<p>Knowledge of terminology</p> <p>Awareness of strengths/weaknesses and actions of other performers e.g. adopt a different routine/tariff of discipline depending on score achieved by other competitors</p>	<p>Can produce and lead a warm-up specific to trampolining</p>
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