Key Stage 3 Trampolining 2024 Onward



| N A T | Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques | | | | Pupils should understand what makes a performance effective and how to apply these principles to their own and others' work | | | | Pupils should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity | | | |
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| P A T H | Est - | Est | Est + | Dev - | Dev | Dev + | Mast - | Mast | Mast + | Exc - | Exc | Exc + |
| I N T E N T | Health & Safety | Straight Star Tuck | ½ Twist | Seat Drops | Set 5 bounce routine | Full Twist | Pike & Straddle | Set 6 bounce routine | Front Drops | Back Drops | Set 7 bounce routine | Somersault |
| S H O W | Identify hazards presented by the performance area Identify hazards presented by the equipment Identify hazards presented when playing | Accurately perform the 3 basic aerials extending limbs to create straight lines Maintain a safe position in the centre of the bed Perform the basic aerials as part of a set 5 bounce routine | Accurately perform a complete ½ twist in the straight position Land safely after the ½ twist Include the ½ twist within a set five bounce routine | Accurately perform a seat drop, correctly replicating a demonstration Maintain a safe position on the bed Include the seat drop within a set five bounce routine | Accurately complete a set five bounce routine of STRAIGHT STAR TUCK ½ TWIST SEAT DROP Maintain safe position and perform all moves without free bounces between | Accurately perform a full twist in the straight position Land safely after the full twist Include the full twist in a set 6 bounce routine | Accurately perform a pike and straddle replicating a demonstration Land safely after both moves Include the moves in a set 6 bounce routine | Accurately complete a set 6 bounce routine of STAR TUCK SEAT DROP PIKE STRADDLE FULL TWIST Maintain safe position and perform all moves without free bounces between | Accurately perform a front drop, correctly replicating a demonstration Land safely and return to feet Include the front drop within a 7 bounce set routine | Accurately perform a front drop, correctly replicating a demonstration Land safely and return to feet Include the front drop within a 7 bounce set routine | Accurately complete a set 7 bounce routine of FULL TWIST TUCK SEAT DROP PIKE STRADDLE FRONT DROP BACK DROP Maintain safe position and perform all moves without free bounces between | Accurately perform a forward or backward somersault after working through set safety protocols Include a somersault within a voluntary 7 bounce routine |
| K N O W | YEAR 7 STUDENTS WILL APPLY KNOWLEDGE OF THE SKELETAL MUSCLES TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 8 STUDENTS WILL APPLY KNOWLEDGE OF THE COMPONENTS OF FITNESS TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 9 STUDENTS WILL APPLY KNOWLEDGE OF THE PRINCIPLES OF TRAINING TO THE SPORT OF BADMINTON | | | | | | | | | | | |
| V I R T U E S | Determination Perseverance Resilience | | | | | | | | | | | |