

	<b>Years 9-11</b>	<b>Pathway 2- 3</b>	<b>Trampoline Autumn Term</b>	
<b>Learning Intention:</b>  Pupils are taught via a number exercises and routines: <ul style="list-style-type: none"><li>● Using apparatus safely</li><li>● How to plan routines</li><li>● Complete body control</li><li>● Shape, rotation and height while performing</li><li>● Core stability and maintaining body tension</li><li>● The importance of accurate replication for aesthetic and performance reasons.</li></ul>				
<b>Key knowledge that should be learned during this SoW</b>	<b>All</b>	<b>Most</b>	<b>Some</b>	
<b>Concept:</b>	<ul style="list-style-type: none"><li>● Focusing on ultimate body control to perform techniques</li><li>● Focusing on the aesthetics of a performance</li><li>● Motor planning to perform techniques</li><li>● Gross motor control to perform techniques</li><li>● Sequencing techniques into routines</li></ul>			
<b>Knowledge:</b>	<ul style="list-style-type: none"><li>● Safety routines around the</li></ul>	<ul style="list-style-type: none"><li>● Technique names</li><li>● Technique</li></ul>	<ul style="list-style-type: none"><li>● Applying knowledge to give coaching points to others</li></ul>	

	trampoline <ul style="list-style-type: none"> <li>• Safe mount and dismount from the trampoline</li> </ul>	points <ul style="list-style-type: none"> <li>• Observing successful or unsuccessful performances</li> <li>• Extra bounces</li> </ul>	<ul style="list-style-type: none"> <li>• Applying understanding on techniques to build an appropriate routine</li> </ul>
<b>Key Skills:</b>	<ul style="list-style-type: none"> <li>• Moving on the trampoline</li> <li>• Sitting and bouncing</li> <li>• Bouncing in control</li> <li>• Stop position</li> </ul>	Pupils will master a range of: <ul style="list-style-type: none"> <li>• Shapes</li> <li>• Landing positions</li> <li>• Landing positions with rotation</li> </ul>	In addition to previously mentioned. Pupils will master a range of: <ul style="list-style-type: none"> <li>• Landing positions with rotation</li> <li>• somersaults</li> </ul>
<b>Language and/or communication skills:</b>	<ul style="list-style-type: none"> <li>• Bounce</li> <li>• Stop</li> <li>• Twist</li> <li>• Control</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck, straddle, pike, star</li> <li>• ½, full twist</li> <li>• Seat, front, back drop</li> <li>• ½ into ... / ... ½ twist</li> </ul>	<ul style="list-style-type: none"> <li>• Swivel hips, roller, turntable, back to front, front to back</li> <li>• Front, back somersault</li> </ul>

<b>Curricular Links</b>	<ul style="list-style-type: none"><li>● PSHE: Personal hygiene</li><li>● Literacy: using keywords</li></ul>
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