

St John's Senior School



Subject: Physical Education (Girls' trampolining)
Term: Spring

Form: 1 - 6

WEEK	TOPIC
1	Introduction/recap to trampolining and individual skill cards (focus on health and safety rules and landing safely). Straight bouncing and stopping (checking) Problem/cause/solution Basic jumps intro - tuck/straddle/pike
2	Basic jumps recap Introduction to routines/sequences. Five bounce routine, incorporating basic jumps. Synchronised jumps game (straight jump).
3	Seat drop moves and progressions introduction. Peer assessment task. Synchronised jumps game (basic jumps)
4	Seat drop/progressions development Swivel hips game. Extension: Roller
5	Development of basic jumps, seat drop moves and progressions. Five - ten bounce routine assessment.
6	Front drops introduction. Add one on game.
7	Front drop progressions. Swivel hips game.
8	Back drop introduction. Picture card shape game.
9	Back drop progressions.
10	Front and back drop development. Extension: ½ twist in and out Routine practice to prepare for final assessment
11	Final assessment of skills and routine.

Advanced students can work towards completing the GCSE trampolining skilled criteria.