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| Year 9 – PE - Trampoline |  | | | | | |
| **Enquiry Question: How do you become a world-class trampoline gymnast?** | | | | | | |
| **Unit title: Trampoline**  Why now? Students will consolidate the learning they have done in this third year of Key Stage 3. The skills are a constant and the students will be challenged in the more difficult practices to choose the correct skills in order to outwit their opponents and be successful. They will have the opportunity to evaluate performance and improve on highlighted weakness to improve overall performance. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to… | Vocabulary  *(Tier 2 and 3)* | Home Learning | Assessment | Extra Resources  Extended Reading | Cultural Capital |
| Health and safety within trampoline  Identify differences in their own and others’ performance  Comment on what makes a successful performance i.e. the skills and physical competency they would expect to see in a routine; control, precision, fluency.  Consistently adheres to all rules and safety requirements, including effective spotting when around the trampoline. | Understand the safety rules of trampoline and apply these rules to a trampoline routine.  Perform a range of skills showing accuracy and control. These skills include:  *Shapes, twists, rotations, landings.*  Link skills together in order to create a effective routine showing accuracy, control and precision.  Continue to evaluate your own and others performance using WWW and EBI | Aesthetically pleasing  Body tension  Routine  Control  Balance  Accuracy  Precision | Attend trampoline clubs in Mile End, Poplar Baths or the O2.  Attend trampoline club at school, which is posted on the extra-curricular timetable. | Core task  teacher assessment in week 1 and week 8  Self- assessment  Peer assessment  Question and answers | [*https://www.british-gymnastics.org*](https://www.british-gymnastics.org)  Over and Above key trampoline text:  <https://www.waterstones.com/book/over-and-above-trampoline-gymnastics/jack-kelly/9781782550341> | Go to see a live gymnastic event…  <https://www.british-gymnastics.org/find-an-event> |