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| Year 8 – PE - Trampoline |  |
| **Enquiry Question: What does it mean to be aesthetically pleasing?** |
| **Unit title: Trampoline**Why now? Students will build upon the skills they covered in Year 7 and continue to develop them under more challenging environments. The skills are constant but the students are taught the importance of honing these skills to improve their performance and what improved performance looks like. They are given the opportunity in Year 8 to develop the quality of each skill and use their analytical skills to highlight positives and negatives with their performance as well as others. |
| **Knowledge**Students will know about… | **Application/Skills**Students will be able to…**(Continual development)** | Vocabulary*(Tier 2 and 3)* | Home Learning | Assessment | Extra ResourcesExtended Reading | Cultural Capital |
| Health and safety within trampolineIdentify differences in their own and others’ performanceComment 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.Develop and practice a range of skills showing accuracy and control. These skills include:*Shapes, twists, rotations, landings.*Link skills together in a routine showing some accuracy and control.Continue to evaluate your own and others performance using WWW and EBI | Aesthetically pleasingBody tensionRoutineControlBalanceAccuracy 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 taskteacher assessment in week 1 and week 8 Self- assessmentPeer assessmentQuestion 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>  |