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| Year 7 – PE - Trampoline |  | | | | | |
| **Enquiry Question: How many shapes can you make when you a jumping on a trampoline?** | | | | | | |
| **Unit title: Trampoline**  Why now? This unit builds on gymnastics that would have been previously taught in primary schools. Students will know basic shapes and how to create a routine. This unit seeks to build on that knowledge to develop different moves which can be used in a routine for trampoline. Students will be able to evaluate their own and their peers performance in relation to a set criteria. | | | | | | |
| **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.  Learn a range of skills showing accuracy and control. These skills include:  *Shapes, twists, rotations, landings.*  Demonstrate skills in isolation showing some accuracy and control.  Evaluate own and peers 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> |