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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 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.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 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>  |