

PE Department

Topic: Trampolining

Year: 8

Prior learning:

Students are likely to have experienced gymnastics at primary school. Many students may also have their own trampoline or have used one at a friend's.

Learning sequence – Trampolining Year 8							Endpoint
Main learning steps	Safety points and basic shapes.	Linking basic shapes together into a mini routine.	Seat drop and swivel hips progressions. Incorporating seat drops into routines.	Incorporating swivel hips into routines. Front drops.	Incorporating front drops into a routine. Back drops.	Routines in preparation for assessment.	To perform a trampolining routine, aiming for 8 simple skills within the routine with body control in the skills.
Assessment	Peer assessment using student coaching. Each student will coach the next performer on the trampoline.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline. Teacher observation and verbal assessment/ feedback.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline. Teacher assessment of routine with seat drops.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline. Teacher observation and verbal assessment/ feedback.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline. Teacher observation and verbal assessment/ feedback.	Summative assessment. Performance of trampolining routine during assessment lesson.

Where will we use these ideas again:

Trampolining in year 9 and potentially at GCSE as this is an activity student are often assessed in.