

# Trampolining

<u>Acquiring</u>	<u>Working towards</u>	<u>On track</u>	<u>Advancing</u>	<u>Extending</u>
<ul style="list-style-type: none"> <li>• I can perform 10 straight bounces but lack control</li> <li>• I understand how to mount and dismount safely.</li> <li>• I understand the role of the spotters</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform 10 straight bounces with some control</li> <li>• I can perform a half and full twist with some control</li> <li>• I spot for other students safely</li> <li>• I can demonstrate how to mount and dismount safely</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform a Tuck, pike and straddle with some control</li> <li>• I can link three skills with a bounce in between</li> <li>• I can perform the basic shapes ½ and full twist with height and good technique. I can link some of these.</li> <li>• I shape my body early to give myself time in the air.</li> <li>• I can give 3 coaching points for all the shapes.</li> <li>• I can mount and dismount safely.</li> <li>• I can watch my partner and say what they have done well.</li> <li>• I can warm up for trampolining and say why its important.</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform a tuck pike and straddle with good control.</li> <li>• I can perform a seat drop with some control.</li> <li>• I can link 3 or more skills in a routine format (i.e. no bounces)</li> <li>• I can assist with equipment with the teacher's guidance.</li> <li>• I can act as a confident spotter.</li> <li>• I know 3 coaching points for a quality seat drop.</li> <li>• I can watch a partner and recommend 2 improvements.</li> <li>• I can identify what skills are being performed correctly and what skills are weaker.</li> <li>• I can say how trampolining can help you stay fit and healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform accurate seat drops with ½ twists before and after, with good height and technique.</li> <li>• I can perform swivel hips with some control</li> <li>• I can attempt a front/back drop</li> <li>• I understand the progressions for front/back drops.</li> <li>• I can perform a routine of 5 moves maintaining height and body tension throughout.</li> <li>• I can identify some good and bad skills and perhaps say what basic changes would help improve performance.</li> </ul>