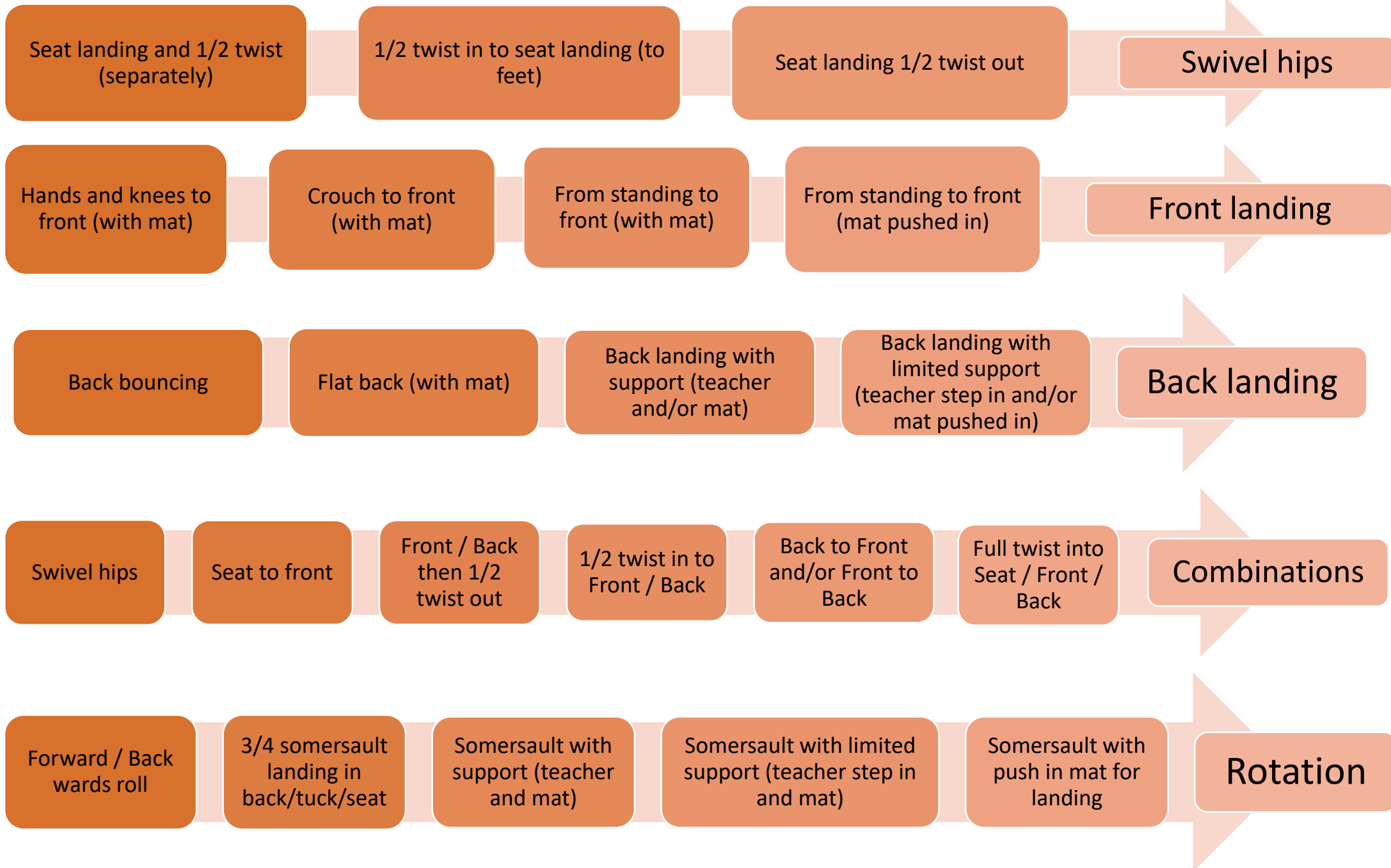


# Trampolining

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).



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<p><b><u>Safety, Shapes and Twists</u></b></p> <ul style="list-style-type: none"> <li>- How do you get on and off the trampoline safely?</li> <li>- How do you spot safely?</li> <li>- Where should you aim to always bounce on the trampoline?</li> <li>- What are the 5 main shapes?</li> <li>- How should your legs and toes look when performing a .....?</li> <li>- What are the 2 turns?</li> <li>- Where should you look when turning?</li> <li>- Where should your arms be when turning?</li> </ul>	<p><b><u>Seat landing / swivel hips</u></b></p> <ul style="list-style-type: none"> <li>- What is a seat landing?</li> <li>- What skills is swivel hips built up of?</li> <li>- Where on the trampoline should you land both on seat landing and recovery?</li> <li>- Where should you look?</li> <li>- Where do you place your hands/arms?</li> <li>- What position are your legs in?</li> </ul>	<p><b><u>Front / Back landing</u></b></p> <ul style="list-style-type: none"> <li>- What is a front/back landing?</li> <li>- Where should you look?</li> <li>- Where do you place your hands/arms?</li> <li>- Where should your legs be when landing?</li> <li>- Where should your stomach/back land?</li> <li>- Where should your arms be on recovery?</li> </ul>	<p><b><u>Twists and combinations</u></b></p> <ul style="list-style-type: none"> <li>- Where should your arms be when turning?</li> <li>- Where should you look?</li> <li>- Where should you land after each move?</li> <li>- What combinations are there?</li> </ul>
<p><b><u>Set skills and Routines</u></b></p> <ul style="list-style-type: none"> <li>- How should you start/end a routine?</li> <li>- How many bounces is a routine?</li> <li>- What classifies as a bounce?</li> <li>- Where should you land each move?</li> <li>- How are points awarded/lost?</li> </ul>	<p><b><u>Rotation</u></b></p> <ul style="list-style-type: none"> <li>- Where should you look?</li> <li>- Where should your arms be?</li> <li>- Where would you put a front/back somersault in a routine?</li> </ul>	<p><b><u>Key terminology</u></b></p> <ul style="list-style-type: none"> <li>- Control</li> <li>- Body tension</li> <li>- Fluency</li> <li>- Vision</li> <li>- Bounce</li> <li>- Routine</li> <li>- Spotting</li> <li>- Shapes</li> <li>- Twists</li> <li>- Landing positions</li> <li>- Rotation</li> </ul>	

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