

Year 8 Trampolining Learning Journey

Equipment needed

- Trampolining
- End decks
- Mats

Reminders

- We will be inside for this lesson .
- You will need socks only

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Trampoline safety and Aerial shapes recap Run through health and safety and look at tuck, straddle and pike jumps.
<u>Lesson 2</u>	Twists Focus on full twists with a focus on aesthetics.
<u>Lesson 3</u>	Front Landings Go through all of the progressions of a front landing
<u>Lesson 4</u>	Front landing combinations Perform a variety of movements into and out of a front.
<u>Lesson 5</u>	Back landing Go through all progressions of a back landing.
<u>Lesson 6</u>	Routine development and performance Link movements to create a 8-bounce routine.

Keywords

Aerial

Aesthetics

Progressions

Combinations