

SUBJECT: Physical Education

UNIT: Trampoline – Year 11



Linking moves and routine practice

The start of a routine requires the athlete to link basic shapes together with one bounce. This can then be progressed to adding $\frac{1}{2}$ twists and full twists. After every time the feet touch the bed, the athlete should move onto the next skill. For example, a 3 bounce routine would look like this:

Tuck jump
FEET TOUCH THE BED
Pike jump
FEET TOUCH THE BED
Straddle jump

Linking advanced skills and practice

Link more advanced skills together after each bounce. This could include seat drops, back drops, front landings and somersaults. For example, a 3 bounce routine might look like this:

Front drop
FEET TOUCH THE BED
Back drop
FEET TOUCH THE BED
Front somersault

Officials and scoring

Use the scoring chart to get a score based on a routine. Using each row to create a total score for the 4 sections. For example, across a 10 bounce routine:

Trampoline position = 2

Execution = 1.5

Height = 1.5

Performance = 1

Total score = 6/10

	0.5	1	1.5	2	2.5
Trampoline position	Never stayed on the cross	Stayed on cross once	Sometimes stayed on the cross	Mostly stayed on the cross	Always stayed on the cross
Execution	Didn't complete any skills or shapes	Completed 1 skill or shape	Sometimes completed skills and shaped	Mostly completed skill and shapes	Always completed skills and shapes
Height/bounces	Had 6+ extra bounces and low height	Had 4-6 extra bounces with low height	Had 1-3 extra bounces and good height	Had 1 extra bounces with good height	Had no extra bounces with consistent height
Performance	Toes never pointed. Arms and legs never straight or neat	Toes pointed and neatness in 1 bounce	Sometimes toes are pointed and arms and legs straight	Mostly toes are pointed. Mostly legs and arms are straight or mostly	Toes pointed, arms and legs straight or neat throughout

Creating a routine

Voluntary routines are skills selected by the athlete and are scored based on difficulty.

Performance and peer assessing

Create and assess each others routines based on the scoring chart. And win a gold, silver bronze medal depending on your result.

GOLD = +7/10

Silver = 5/10

BRONZE = 3/10