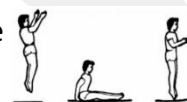


Previous knowledge from KS3:

Students should be able to complete basic shapes and twists from KS3 lessons including the following. Straight jump, tuck jump, straddle jump, pike jump, full twist and half twist. Student should be able to link shapes and twists together to perform small routines. Students should be able to perform shapes and twist with accuracy remaining in the middle of the trampoline with good balance, height and pointed toes.

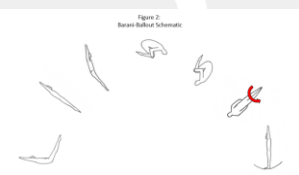
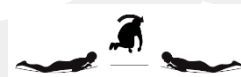
Developing skills

- **Seat landing** – Landing in a seated position with arms by their side and hands touching the trampoline fingers facing forward next to your hips. Seat drop position should be on the cross, back remains straight and legs in an L shape.
- **Front landing** – Landing on your front you must push legs back to a straight position, button landing on the centre of the cross, hands under your chin to protect it when landing. Use your hands to push back and rebound back to a vertical position.
- **Back landing** – Landing in a back position arms should be out in front for balance, legs will come up to a 45 degree angle and performer will land on the middle of the cross on their back. Chin should be tucked in for protection. On rebounds legs to return to a vertical position and shoulder will move forward to support landing back on feet.



Combination skills

- **Swivel hips** – Seat landing, ½ twist, seat landing all one motion feet do not touch in between
- **Front landing with rotation** – Front landing with ½ twist or ½ twist into front landing
- **Back landing with rotation** – Back landing with ½ twist or ½ twist to back landing
- **Turntable** – Front landing ½ twist to front landing
- **Cradle** – Back landing ½ twist to back landing
- **Hands and knees turnover** – Rotating 360 degrees from hands and knees (progression into front somersault)
- **Back pullover** – Rotating 360 degrees backwards from standing (progression into back somersault)
- **Front somersault** – Rotating 360 degrees in the air in a tucked, straight or piked position
- **Back somersault** – Rotating 360 degrees in the air tucked, straight or piked
- **Barani** – Front somersault with ½ twist out



Routines

Routine 1

Full Twist
Tuck Jump
Swivel Hips to Feet
Pike Jump
Seat drop to Feet
Straddle Jump
Half Twist

Routine 2

Tuck Jump
Straddle Jump
Seatdrop to Feet
Half twist
Seatdrop to Feet
Pike Jump
Full Twist

Routine 3

Half Twist
Straddle Jump
Swivel Hips to Feet
Tuck Jump
Seatdrop to Feet
Pike Jump
Full Twist

Routine 4

Straddle Jump
Swivel Hips to Feet
Pike Jump
Front Drop to Feet
Full Twist
Tuck Jump
Straddle Jump

1. Half twist
2. Pike jump
3. Seat landing
4. ½ twist to feet
5. Straddle jump
6. Tuck jump
7. Back landing
8. To feet
9. Tuck jump
10. Front somersault (tuck/pike)

1. Back somersault
2. Tuck jump
3. Seat landing
4. ½ twist to Seat landing
5. To feet
6. Straddle jump
7. Back landing
8. ½ twist to feet
9. Tuck jump
10. Full twist