



Learning intentions	Success criteria
To understand Tuck, Pike and Straddle techniques for basic shapes	To perform basic shape moves with correct technique and efficiency
To be able to perform a set landing confidently and correctly	To execute seat landings and begin to incorporate within a sequence
To understand how to perform a twist move efficiently and correctly	To use correct technique and apply twist moves into a sequence

**Skills**

Basic Shapes	<ul style="list-style-type: none"> <li>o Basic Shapes Tuck, Pike and Straddle</li> <li>o Toes pointed</li> <li>o Legs straight</li> <li>o Bouncing on the cross</li> </ul>
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Seat Landing	<ul style="list-style-type: none"> <li>o Toes Pointed</li> <li>o Legs straight</li> <li>o Hands by side facing forwards</li> <li>o Facing forward</li> <li>o Land on the cross</li> </ul>
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Twists	<ul style="list-style-type: none"> <li>o 1/2 and full twists</li> <li>o Centre of the cross</li> <li>o Arms in the air to twist</li> <li>o Combine twists with other moves</li> </ul>
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**RULES:**  
 No Jewellery  
 One person on the Trampoline at a time  
 Face forward when bouncing  
 Spotters to be watching at all times  
 Socks to be worn  
 Listen to teacher at all times  
 Do not attempt move not comfortable in performing  
 Safely get on and off trampoline

**Kit**  
 St Ivo PE top  
 Black Shorts  
 St Ivo Socks

**STRETCH AND CHALLENGE**  
 Peer / Self Assessment  
 Incorporate greater detailed routines  
 Join Lunchtime Extracurricular Club

**LINKS TO WIDER CURRICULUM**  
 Anatomy and physiology: name the bones and muscles within the legs that. Femur, tibia, fibula, patella, gastrocnemius, hamstring and quadriceps.

**KEY WORDS**  
**Tuck – Move where legs are brought up the chest whilst performer is in the air**  
**Straddle – Legs are straight and pointed outwards whilst performer is in the air**  
**Pike – Legs are straight and pointed together whilst performer is in the air**  
**1/2 Twist – Whilst in the air, performer will twist 180 degrees and land on feet**  
**Spotting – Watching performer on trampoline at all times from the side of trampoline, offering safety if they come near the edge. Students to offer feedback on performance of peers.**



Learning intentions	Success criteria
To understand the correct technique to perform a front landing safely	To execute a successful front landing using the correct technique
To understand the correct technique to perform a back landing safely	To perform a back landing safely and in corporate the move into a sequence
To use prior learning and apply it to a sequence routine	To create and perform a sequence routine using skills learnt from previous lessons

Skills	
Front Landing	<ul style="list-style-type: none"> <li>Arms flat and slight in front of body</li> <li>Land flat on stomach</li> <li>Head slightly lifted</li> <li>Start and land in centre of cross</li> </ul>
Back Landing	<ul style="list-style-type: none"> <li>Start and land in centre of cross</li> <li>Land on lower back</li> <li>Head slightly lifted</li> <li>Kick legs to get back to feet</li> </ul>
Routine Sequence	<ul style="list-style-type: none"> <li>Perform an "inswing" routine sequence</li> </ul>

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**LINKS TO WIDER CURRICULUM**  
 Anatomy and physiology: name the bones and muscles within the arms for Front Landing.  
 Ulna, Radius, Humerus, Bicep and Triceps

**KEY WORDS**  
**Front Landing – Move where performer lands on front of body and then bounces to feet**  
**Back Landing – Move where performer lands on their back and then bounces back to feet**  
**Swingtime – Where sequence routine moves follow one after another with no bounce in between.**



Learning intentions	Success criteria
To understand the correct technique needed for a front somersault	To be able to perform somersault with or without support
To be able to perform different moves to execute a Cradle	To apply a Cradle within a sequence routine and still maintain a in swing routine
To confidently perform a turntable within a sequence	To apply a Cradle within a sequence routine and still maintain a in swing

**Skills**

Front Somersault	<ul style="list-style-type: none"> <li>○ Arms start in the air</li> <li>○ Tuck body quickly to cause momentum</li> <li>○ Release out of tuck position to slow rotation down</li> </ul>
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Cradle	<ul style="list-style-type: none"> <li>○ Start to perform a back landing</li> <li>○ Kick legs to bring body back to vertical position</li> <li>○ Once vertical in the air, perform half twist to back landing</li> </ul>
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Turntable	<ul style="list-style-type: none"> <li>○ Perform a front landing</li> <li>○ As coming off trampoline perform a tuck and twist body</li> <li>○ Once twisted 180 degrees, perform another front landing</li> </ul>
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**STRETCH AND CHALLENGE**

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**LINKS TO WIDER CURRICULUM**

Anatomy and physiology: Understand what axes and planes different moves go through E.G Front Somersault through Transverse Axes

**KEY WORDS**

**Cradle – Back landing, to half twist into another back landing**

**Turntable – Front landing, to half twist performed whilst in a tuck to front landing**

**Moment of inertia – changing body positioning to increase / decrease speed of rotation**

**Cast - sideways travel, caused by the centre of mass moving sideways as the body leaves the bed. Cast can be corrected by improving the take phase of the skill. It is common to see casting in a back landing half twist to feet, the roller and cat twist.**

