

TRAMPOLINING (GYMNASTICS) KEY STAGE 3 - MINIMUM EXPECTED STANDARDS

N.B. The Gymnastics Programme cannot be fully covered through trampolining

TRAMPOLINING - DEVELOPMENT

By the end of the Development unit most pupils should be able to gain award 7

Awards 6 and 7 are taught as the basis of this development unit.

6 out of 7 moves and the routine to be passed.

AWARD 6 (INDIVIDUAL SKILLS)

- 1 Seat drop ½ twist to feet
- 2 Seat drop ½ twist to feet, seat drop to feet.
- 3 Half twist to seat drop, to feet
- 4 Front drop, to feet
- 5 Full twist
- 6 Pike jump
- 7 Forward roll

AWARD 6 (ROUTINE)

- 1 Straddle jump
- 2 Seat drop
- 3 To feet
- 4 Tuck jump
- 5 ½ twist jump
- 6 Pike jump
- 7 Seat drop
- 8 ½ twist to feet
- 9 Straight jump
- 10 And stop

AWARD 7 (INDIVIDUAL SKILLS)

- 1 ½ twist to seat drop, ½ twist to feet
- 2 Seat drop, ½ twist to seat drop (swivel hips) to feet
- 3 Back drop to feet
- 4 Hands and knees, forward turnover to back, to feet
- 5 Seat drop to hands and knees to feet
- 6 Seat drop to feet, front drop, to feet
- 7 Front drop, to feet, seat drop, to feet

AWARD 7 (ROUTINE)

- 1 Front drop
- 2 To feet
- 3 Tuck jump
- 4 Half twist jump
- 5 Straddle jump
- 6 Seat drop
- 7 To feet
- 8 Pike jump
- 9 Full twist jump
- 10 Straight jump-and stop

TRAMPOLINING — INTERMEDIATE

By the end of the intermediate unit most pupils will be able to achieve award 8

AWARD 8 (6/7 MOVES & ROUTINE))

- 1 Seat drop to front drop to feet
- 2 Front drop, to seat drop, to feet
- 3 ½ twist to front drop, to feet
- 4 ½ twist to back drop, to feet
- 5 Front drop, ½ twist to feet
- 6 Back drop, ½ twist to feet
- 7 Five basic bounces

ROUTINE

- 1 Straddle jump
 - 2 Seat drop
 - 3 Half twist to feet
 - 4 Pike jump
 - 5 Front drop
 - 6 To feet
 - 7 Tuck jump
 - 8 Hands and knees drop
 - 9 Forward turnover to back
 - 10 To feet
- Perform a voluntary routine showing good body tension, control linking the basic shaped jumps with seat drop and front or back drop.

(PROGRESS WILL BE DEPENDENT ON THE NUMBER OF CHILDREN AROUND EACH TRAMPOLINE, IDEALLY NO MORE THAN 6 – 7 PER TRAMPOLINE, PROGRESS WILL BE IMPROVED WITH A LOWER RATIO OVER THE 8-12 HOURS NEEDED TO GAIN AWARD 7)

(PROGRESS WILL BE DEPENDENT ON THE NUMBER OF CHILDREN AROUND EACH TRAMPOLINE, IDEALLY NO MORE THAN 6 PER TRAMPOLINE, PROGRESS WILL BE IMPROVED WITH A LOWER RATIO OVER THE 12-18 HOURS NEEDED TO GAIN AWARD 8)