

Trampolining

You must be able to complete all of the points in the box to complete that specific level

LEVEL	A	B	C
3	<ul style="list-style-type: none"> I can coach a basic jump I can observe a performance and comment on it, but I find it difficult to use the correct terminology I can work with a partner to make 6 bounce routine 	<ul style="list-style-type: none"> I can show 2 landing positions, seat drop and hands and knees I know 3 teaching points for a seat drop I can perform a basic jump with good body tension I know 2 safety points when trampolining 	<ul style="list-style-type: none"> I can take part in a warm up. I can perform straight, straddle and ½ turn jumps I can link skills with lots of bounces I know what body tension is I know why my performance should look good I can spot a partner safely during their turn on the trampoline
4	<ul style="list-style-type: none"> I can coach a seat drop I can explain to a partner how to improve their twist and how to identify which way to twist I can observe a performance and describe 2 strengths, and make suggestions on how to improve I can work with a partner to create an 8 bounce routine 	<ul style="list-style-type: none"> I am beginning to master twisting into and out of seat drops I know three teaching points for front drops I can observe a performance and outline 2 strengths and an area to improve I can confidently take on the role of coach 	<ul style="list-style-type: none"> I can perform my routine with some consistency. I find it difficult to control a couple of the moves. I know how to improve my ½ twist but haven't quite mastered it yet. I am becoming more confident at identifying weaknesses in others performance I know two teaching points for twisting into and out of moves
5	<ul style="list-style-type: none"> I can coach a front drop When attempting front drop to seat drop progressions I know my limitations and when to ask for help. I can identify strengths and weaknesses in my performance and in others, using some correct terminology and work hard to find out how to improve I can create a 10 bounce routine 	<ul style="list-style-type: none"> I can attempt more difficult moves on the trampoline with control over my body I can comment on another pupils technique when they are performing swivel hips I understand why flexibility is important in trampolining I know three teaching points for hand and knees forward turnover 	<ul style="list-style-type: none"> I can perform the jumps in my routine with consistency but I need more height. My landings need more control. I can evaluate my own performance outlining 2 strengths and an area for improvement I can create a trampolining specific warm up Know three teaching points for swivel hips
6	<ul style="list-style-type: none"> I know how to correct the faults in my performance and in others I also use the correct terminology. I am able to lead a safe warm up and cool down stretching the correct areas of the body for trampolining. I understand about Newton's 3rd law I can create a 10 bounce routine that will challenge me 	<ul style="list-style-type: none"> I am determined to succeed, I keep going in the most challenging situations and can deal with my emotions most of the time I understand and can explain the components of fitness that are important to trampolining and why. I can perform my landing with control and body tension I'm working hard at add height between the moves I know two teaching points for twisting into and out of back drops 	<ul style="list-style-type: none"> I can observe a pupil performing and outline their strengths and areas to improve, giving a recommendation on how they can make it better I can perform jumps with consistency they do however still need the body tension fine tuning I can lead a small group in planning and performing a complex sequence I know two teaching points for twisting into and out of front drops
7	<ul style="list-style-type: none"> I can lead the whole group in a warm-up and cool down I can devise a routine for other pupils which is suitable to their ability I am able to identify strengths and weaknesses in performance make recommendations for improvements and use the correct technical vocabulary too 	<ul style="list-style-type: none"> I can perform a somersault showing control I am determined to succeed, I keep going in challenging situations, I can deal with my emotions and I can help others to succeed as well I can create a 10 bounce routine that includes a somersault 	<ul style="list-style-type: none"> I can set targets and devise a training drill to improve my areas of weakness I know how to change a performance to improve my own and another's performance I can perform a jump showing good body tension, height and control I know two teaching points of back to front or vice versa drops.

PLT'S

self managers

creative thinkers

Independent enquires

reflective learners

effective participants

team workers

(perform at max levels)

(Outwit opponents)

(accurate replication)

(identify/solve problems)

(exercise safely and

(communicating and

Effectively)

exploring ideas