

PE Department

Topic: Trampolining Year: 9

Prior learning:

Students had a scheme of learning on trampolining in year 8. Some students may have attended trampolining club at WSfG.

Learning sequence – Trampolining Year 9							Endpoint
Main learning steps	Recap of basic shapes putting these into a routine.	Seat drop and swivel hips progressions. Incorporating seat drops into routines.	Incorporating swivel hips into routines. Front drops.	Incorporating front drops into a routine. Back drops.	Incorporating back drops into a routine. Back drop and front drop ½ twist progressions.	Routines in preparation for assessment.	To perform a trampolining routine, aiming for 10 skills within the routine with fluency between the skills and control in each skill.
Assessment	Peer assessment using student coaching. Teacher observation and verbal assessment/ feedback.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline. Teacher observation and verbal assessment/ feedback.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline. Teacher assessment of routines with front drops.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline. Teacher observation and verbal assessment/ feedback.	Peer assessment using student coaching. Each student will coach the next performer on the trampoline.	Summative assessment. Performance of trampolining routine during assessment lesson.

Where will we use these ideas again:

Trampolining potentially at GCSE as this is an activity students are often assessed in.

