

Trampolining

<u>Acquiring</u>	<u>Working towards</u>	<u>On track</u>	<u>Advancing</u>	<u>Extending</u>
<ul style="list-style-type: none"> • I can perform 10 straight bounces with some control • I can perform a half and full twist with some control • I spot for other students safely • I can demonstrate how to mount and dismount safely 	<ul style="list-style-type: none"> • I can perform a Tuck, pike and straddle with some control • I can link three skills with a bounce in between • I can perform the basic shapes ½ and full twist with height and good technique. I can link some of these. • I shape my body early to give myself time in the air. • I can give 3 coaching points for all the shapes. • I can mount and dismount safely. • I can watch my partner and say what they have done well. • I can warm up for trampolining and say why it's important. 	<ul style="list-style-type: none"> • I can perform a tuck pike and straddle with good control. • I can perform a seat drop with some control. • I can link 3 or more skills in a routine format (i.e. no bounces) • I can assist with equipment with the teacher's guidance. • I can act as a confident spotter. • I know 3 coaching points for a quality seat drop. • I can watch a partner and recommend 2 improvements. • I can identify what skills are being performed correctly and what skills are weaker. • I can say how trampolining can help you stay fit and healthy 	<ul style="list-style-type: none"> • I can perform accurate seat drops with ½ twists before and after, with good height and technique. • I can perform swivel hips with some control • I can attempt a front/back drop • I understand the progressions for front/back drops. • I can perform a routine of 5 moves maintaining height and body tension throughout. • I can identify some good and bad skills and perhaps say what basic changes would help improve performance. 	<ul style="list-style-type: none"> • I can perform a front and back drop with some control. • I can assess another student based on the NC level descriptors. • I can set up equipment under teacher guidance. • I shape my body to change shape in the air. • I can instruct basic coaching points for either the front or back drop • I can lead a practice to improve either the front or back drop. • I can give detailed feedback to a partner. • I can perform a 10-skill routine maintaining body tension, height and position on the trampoline.