

## Trampolining – Core and advanced skills

	<b>Core skill</b>	<b>Advance skill</b>
<b>Year 7</b>	Shapes: <ul style="list-style-type: none"> <li>- Tuck</li> <li>- Straddle</li> <li>- Pike</li> </ul> Twists: <ul style="list-style-type: none"> <li>- Half</li> </ul> Seat Landing	Twists: <ul style="list-style-type: none"> <li>- Full turn</li> </ul> Combined movements <ul style="list-style-type: none"> <li>- Swivel hips</li> </ul>
<b>Year 8</b>	Shapes: <ul style="list-style-type: none"> <li>- Tuck</li> <li>- Straddle</li> <li>- Pike</li> </ul> Twists: <ul style="list-style-type: none"> <li>- Half</li> <li>- Full turn</li> </ul> Seat Landing           Combined movements: <ul style="list-style-type: none"> <li>- Swivel hips</li> <li>- Half/full twist in/out of back landing</li> </ul> Rotational movement: <ul style="list-style-type: none"> <li>- Back landing</li> </ul>	Rotational movement: <ul style="list-style-type: none"> <li>- Front landing</li> </ul> Combined movements: <ul style="list-style-type: none"> <li>- Half/full twist in/out of front landing</li> <li>- Seat to front</li> <li>- Front to seat</li> </ul>
<b>Year 9</b>	Shapes: <ul style="list-style-type: none"> <li>- Tuck</li> <li>- Straddle</li> <li>- Pike</li> </ul> Twists: <ul style="list-style-type: none"> <li>- Half</li> <li>- Full turn</li> </ul> Seat Landing           Combined movements: <ul style="list-style-type: none"> <li>- Swivel hips</li> <li>- Half/full twist in/out of back landing</li> <li>- Half/full twist in/out of front landing</li> <li>- Seat to front</li> <li>- Front to seat</li> </ul> Rotational movement: <ul style="list-style-type: none"> <li>- Back landing</li> <li>- Front landing</li> </ul>	<ul style="list-style-type: none"> <li>- Back to front</li> <li>- Front to back</li> <li>- Half turntable</li> <li>- Cradle</li> <li>- Front somersault (tucked)</li> </ul>

### **Quality of execution: Form, to include:**

- The quality of the individual elements of the sequence
- Sequence's accuracy as well as its conformity to regulations
- Height Consistency:
- Continuity/flow of the sequence Control, to include:
- Success in both the individual elements and the sequence as a whole;
- Centring;
- Phasing.
- Maintenance of height and body position

### **Decision making and tactical awareness, to include**

- Difficulty of routine, balance of difficulty with quality of execution
- Composition of routine
- Flow of routine
- Order of the skills in routine
- Body awareness
- Use of flight
- Acceleration/deceleration of movements
- Spatial awareness
- Use of showmanship
- Awareness of strengths/weaknesses and actions of other performers e.g. adopt a different routine/tariff of discipline depending on score achieved by other competitors.
- Awareness of the rules and regulations of the activity and their application (including judging signals)