



# Knowledge Organiser KS3 PE

		Skills	Fitness	Rules
Year		<p>In trampolining you need to be able to jump under control without travelling (staying on the Red Cross) by looking at the same position in front of you all of the time</p> <p>You need to be able to kill your bounce immediately by bending your knees</p> <p>Perform shapes in the air tuck, straddle and pike.</p> <p>Perform twists.</p> <p>Perform seat landings, front landings, back landings.</p> <p>Be able to link moves to create a routine.</p>	<p>In order to take part in trampolining effectively you need to have good body control. This is achieved through good balance, co-ordination, flexibility and agility. It is also important to have power to be able to jump high and muscular endurance to complete a routine.</p>	<p>Key Safety rules to follow are:</p> <p>Always follow staff instructions when setting up and putting away trampolines.</p> <p>When performing hair tied up and jewellery off.</p> <p>When performing try to stay as near to the Red Cross as possible.</p> <p>Never jump down off the trampoline.</p> <p>When you spotting pay attention to the performer at all times.</p>
KS3				
Activity				
Trampolining				
		Roles		
		<p><b>All students are expected to be performers as well as spotters in trampolining. Most of the students will help coach their peers when they are performing and help them remember their routines.</b></p>	<p><b>JUMPS</b></p> <p>Tuck Straddle Pike</p> <p>Straight Jumps</p> <p>Seat Landing</p> <p>Swivel Hips</p>	<p>Front Landing</p> <p>Turntable</p> <p>Back landing</p>