

Compositional aspects: Students are to be constantly asked and tested on their knowledge and understanding of how to develop speed, height, power and precision; evaluate performances; analyse strengths and weaknesses; whilst developing, adapting and refining skills, strategies and compositional ideas to produce high levels of performances, techniques and Routines.							
Cross Curricular Aspects through this phase		Citizenship, English, Literacy, Mathematics, Science, ICT		ASSESSMENT (within activities)	Q & A	Observation Peer evaluation	
1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b, 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d;2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Tuck, Pike and Straddle	1	To know and understand the definition of a pike, straddle and tuck To be able to perform a technically correct pike, straddle and tuck jump that shows good body tension. To develop the range of skills they use in the pike, straddle and tuck jumps To be able to explore and experiment with techniques and compositional ideas to produce efficient and effective outcomes of the tuck, pike and straddle. To be able to form and hold a variety of clear body shapes in the air. To be able to refine and adapt skills into techniques To develop the range of skills they use To develop the precision, control and fluency of their skills.	Sit / Lay off trampoline on the floor and perform a pike smoothly Sit / Lay off trampoline on the floor and perform a straddle Sit / Lay off trampoline on the floor and perform a tuck Perform the pike, straddle and tuck at top of bounces Perform : 1,2,3 Pike - 1,2,3 Straddle - 1,2,3 Tuck - Stop Pupils create their own 10 bounce Routine – Must include a straddle, pike, and tuck jumps		Trampolines Mats Safety Mats Whistle	
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Informed Choices and Lifestyle		Discuss the benefits of joining a Trampolining club and performing regularly		Developing Physical and Mental Capacity	M/C - Observe student's ability to use the jumps in flight and to see if they can place these into performances		
Creativity and Development		✎ – Pupils refine new skills		Performance	View movements – Are they smooth, forceful, and aesthetic? Q & A : Are students maintaining tension and good posture Q & A : are toes pointed and feet together		
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