

Year 10 PE - Trampolining Learning Programme 3

<p>The LORIC skill focus for this LP is: RESILIENCE The Moral Virtues focus for this LP are: RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.</p>		<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly 	
<p>What will I be learning about in this Learning Programme? I will be learning about how to perform aesthetically pleasing trampolining moves in relation to the themes of travel, balance and flight</p> <p>Where have I seen this learning before? I may have seen this if I compete or have gone to a trampolining club. I could have also seen this if I watch high performance gymnastics in the media and watch the analysis show after a performance.</p> <p>What could I use it for? develop my conditioning and improve my skill and physical components of fitness.</p>			
<p>In LP3.1, I will know:</p> <p>the safety rules and routines in trampolining how to technically DEVELOP the different types of shapes in trampolining</p>	<p>06/01/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Straddle</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>In LP3.2, I will know:</p> <p>the coaching points for how to gain height and control when straight bouncing how to technically DEVELOP height with control in a 3-5 bounce routine incorporating shapes</p>	<p>13/01/25 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Torque</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>In LP3.3, I will know:</p> <p>the coaching points for how to perform a front landing how to DEVELOP a front landing within a 3-5 bounce routine incorporating shapes and seat landings</p>	<p>20/01/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Front Landing</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>In LP3.4, I will know:</p> <p>how to IDENTIFY and EXPLAIN the coaching points for how to perform a back landing how to DEMONSTRATE and technically DEVELOP a back landing within a 3-5 bounce routine incorporating shapes and landings</p> <p>Extended Task.</p>	<p>27/01/25 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Back Landing</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>In LP3.5, I will know:</p> <p>how to EVALUATE my performance highlighting areas of strength and areas for improvement; how to MODEL a range of techniques to help me complete the core task assessment for this LP. how to complete a range of practices to help me improve on my weaknesses on the core skills we have learned so far.</p>	<p>03/02/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Evaluate</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>In LP3.6, I will know:</p> <p>how to IDENTIFY and EXPLAIN the coaching points for how to perform a seat landing how to DEMONSTRATE and technically DEVELOP a seat landing within a 3-5 bounce routine incorporating shapes</p>	<p>10/02/25 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Seat Landing</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>LP3 RLW, I will:</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>24/02/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Review</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>In LP3.7, I will know:</p> <p>how to create a trampolining 10 bounce routine incorporating shapes and landings</p> <p>Extended Task.</p>	<p>03/03/25 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Routine</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Trampolining club or watch a YouTube clip on how to apply them effectively.</p>
<p>Resources to support learning: Your LP3 Knowledge Organiser</p>			
<p>FFET Award Challenge for this Learning Programme: Perform a trampolining 10 bounce routine incorporating shapes and landings with no straight bounces in between moves</p>			

PRT Task 1

PRT Task 2