

Year 11 Core PE - Trampolining (ACO)

Learning Programme 4

<p>The LORIC skill focus for his LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <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>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>In LP4.1, I will know: 10/03/25 - (WK 2)</p> <p>the safety rules and routines in trampolining; how to technically DEVELOP the different types of shapes in trampolining.</p>	<p>Key Vocabulary</p> <p>Straddle</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.2, I will know: 17/03/25 - (WK 1)</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>Key Vocabulary</p> <p>Torque</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.3, I will know: 24/03/25 - (WK 2)</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>Extended Task.</p>	<p>Key Vocabulary</p> <p>Front Landing</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.4, I will know: 31/03/25 - (WK 1)</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>Key Vocabulary</p> <p>Back Landing</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.5, I will know: 21/04/25 - (WK 2)</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>Key Vocabulary</p> <p>Evaluate</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.6, I will know: 28/04/25 - (WK 1)</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>Extended Task.</p>	<p>Key Vocabulary</p> <p>Seat Landing</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.7, I will know: 05/05/25 - (WK 2)</p> <p>how to create a trampolining 10 bounce routine incorporating shapes and landings</p>	<p>Key Vocabulary</p> <p>Routine</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>Resources to support learning: https://www.teamgb.com/sport/gymnastics-trampoline/3dH474qfvjtLBYYp3IRMgj</p>		
<p>FFET Award Challenge for this Learning Programme: To attend at least one extra-curricular club a week for the 7 week learning programme.</p>		

