



SUBJECT: PE KNOWLEDGE ORGANISER

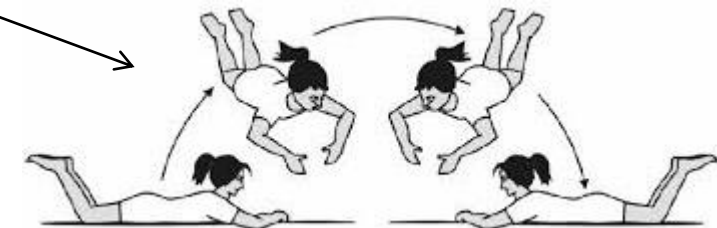
ACTIVITY: TRAMPOLINING

YEAR: 8

TERM- (WINTER) JANUARY-APRIL

KEY VOCABULARY

Front landing	On impacting on the trampoline landing on the chest, then rebounding back to your feet.
Front landing with rotation <ul style="list-style-type: none"> • Front ½ twist to feet • ½ twist into Front 	On impacting on the trampoline landing on the chest: <ul style="list-style-type: none"> • Turning in the air to land back on the feet. • Turning in the air prior to landing on the trampoline
Back landing	On impacting on the trampoline landing on the back, then rebounding back to your feet.
Back landing with rotation <ul style="list-style-type: none"> • Back ½ twist to feet • ½ twist into Back 	On impacting on the trampoline landing on the back, then <ul style="list-style-type: none"> • Turning in the air to land back on the feet. • Turning in the air prior to landing on the trampoline



KEY QUESTIONS

When performing the different type of jumps what would you expect to see?
 When performing the back landing what technique would you expect to see?
 When performing the front landing what technique would you expect to see?

