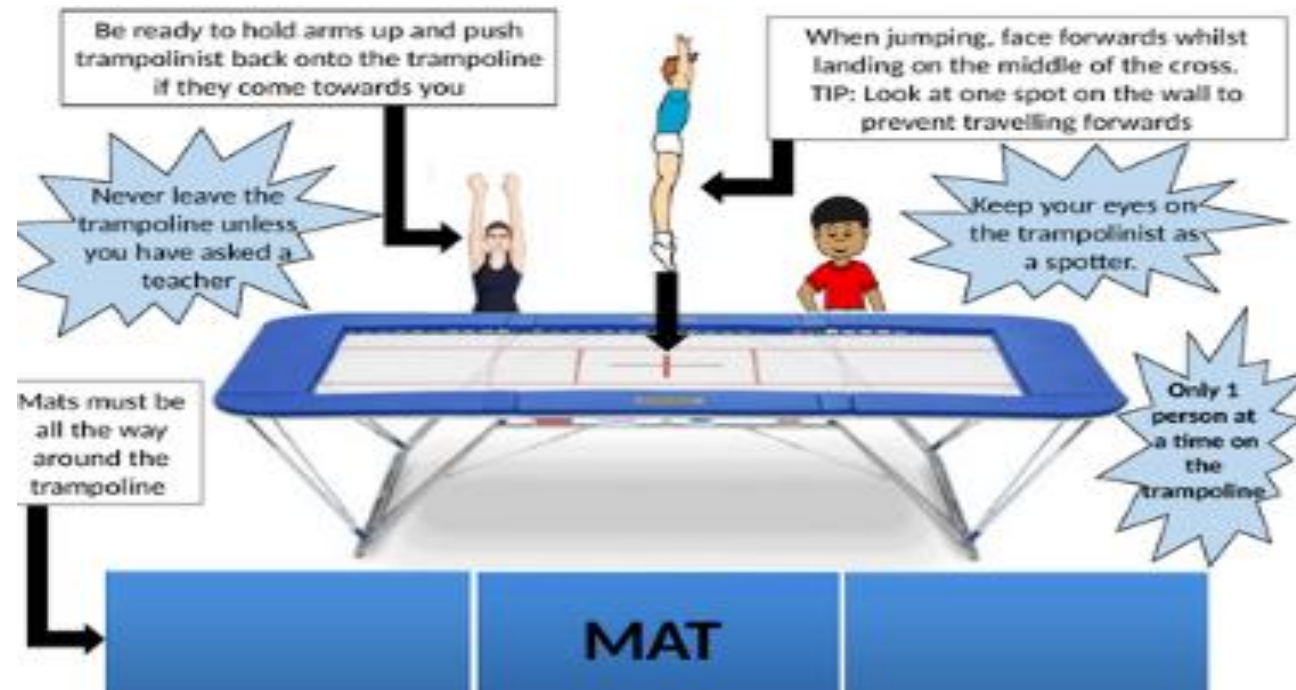
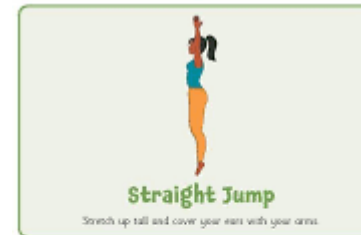




Physical Education - Trampolining Knowledge Organiser

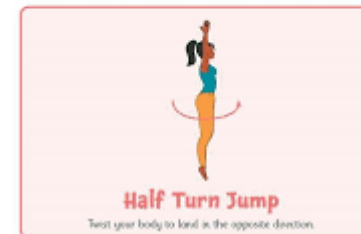


BASIC SHAPES



Straight Jump

Stretch up tall and cover your ears with your arms.



Half Turn Jump

Twist your body to land in the opposite direction.



tuck

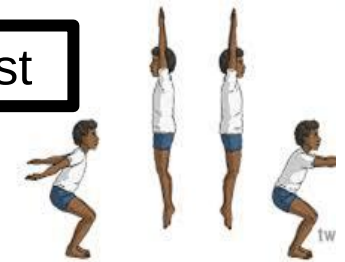


straddle

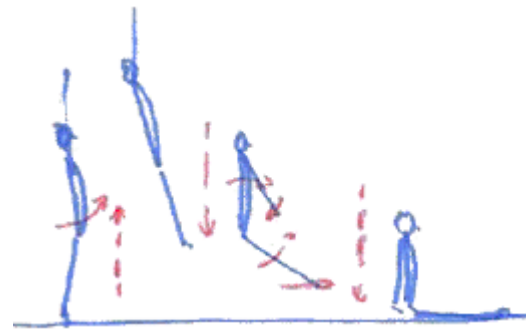


pike

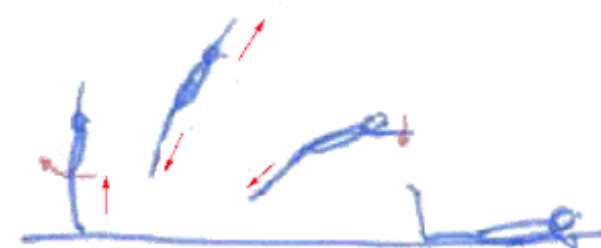
Full Twist



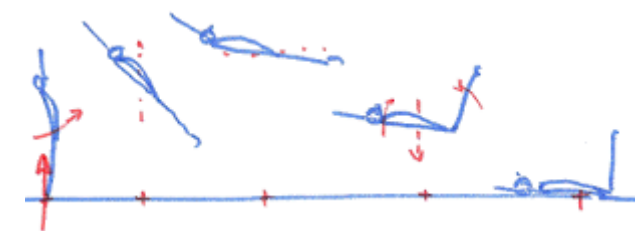
Seat Landing



Front Landing



Back Landing



SAFETY

1. **NO JEWELLERY**
2. **HAIR TIED UP**
3. **SOCKS ON**
4. **SPOTTERS READY!**

KEY VOCABULARY

Warm Up, Stretches, Triceps, Deltoid, Hamstring, Quadriceps, Basic Shapes, Landing, Safety Checks, Spotters, Tuck, Straddle, Pike, Half Twist, Full Twist, Rotation, Seat Landing, Front Landing, Back landing, 10 Bounce Routine