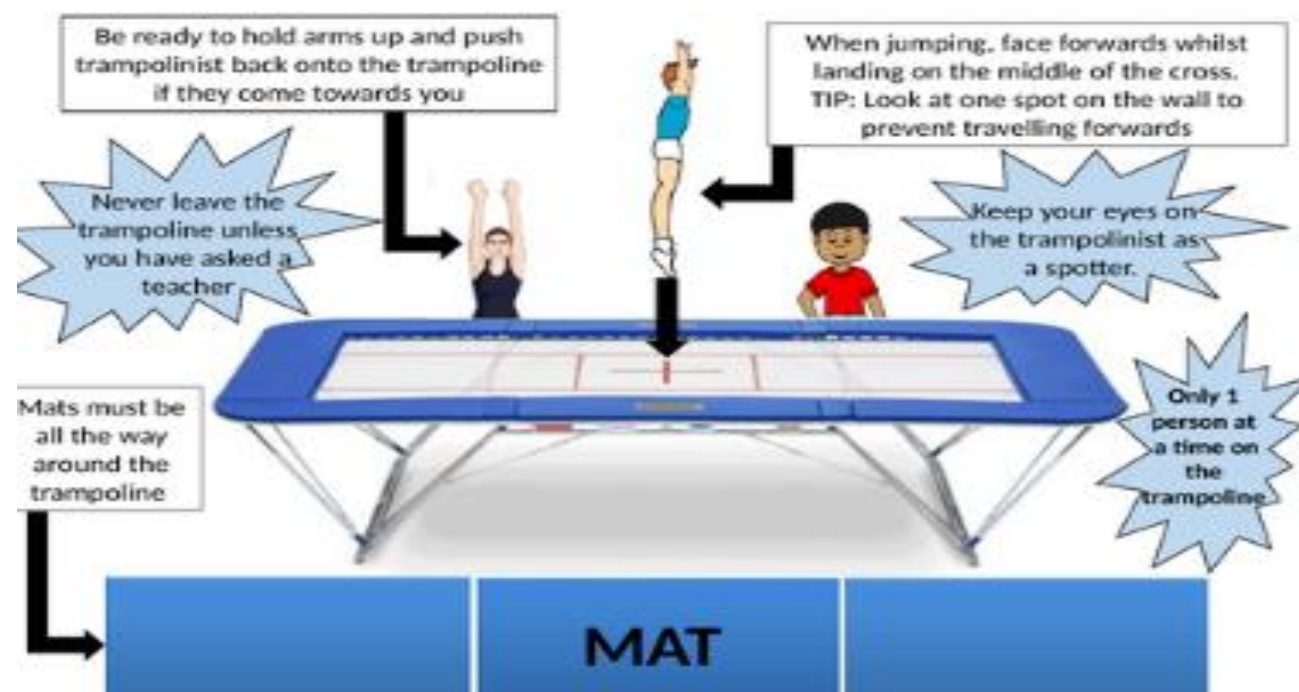
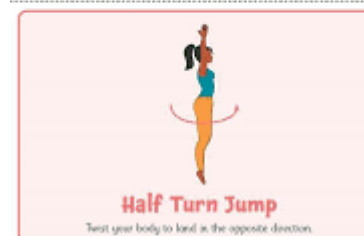
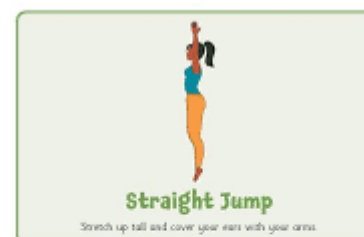




Physical Education - Trampolining Knowledge Organiser



BASIC SHAPES



tuck

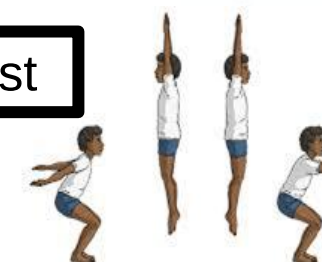


straddle



pike

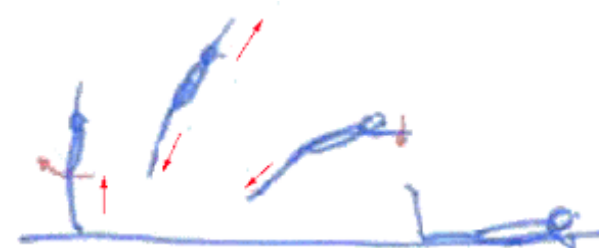
Full Twist



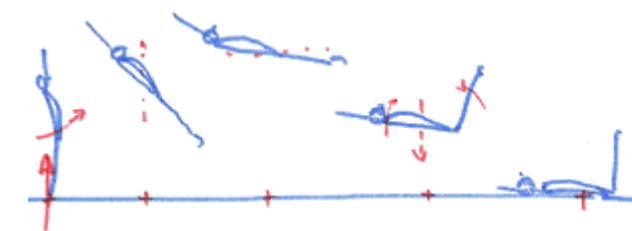
Seat Landing



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