

PE – KS3 – TRAMPOLINING

A KEY TERMINOLOGY		
1	British Gymnastics (BG)	The governing body of trampolining in Great Britain, responsible for overseeing all aspects of the sport.
2	Trampolining	An Olympic gymnastics discipline where gymnasts perform a routine on a large bouncy platform. Trampoline gymnastics requires precise technique and perfect body control as well as courage and elegance.
3	Kaboom	Where double contact is made with the trampoline bed. E.g the legs hit the trampoline after the body, reversing the rotation generated.
4	Gain	Movement away from the centre of the bed in the opposite direction to the skill being performed. E.g. travelling forwards in a back somersault. This will result in deduction.
5	Travel	Movement away from the centre of the bed in the same direction as the move being performed. E.g. travelling backwards in a back somersault. This will result in a deduction.
6	Rotation	Turning the body around once of the three axis; Vertical or around the spine = Full turn jump Frontal or around the hips = Somersault Sagittal or around the belly button = Cartwheel

B TRAMPOLINING SKILLS		
1	Shapes	Starting on your feet, jump into the air and move your body into a tuck pike or straddle position before landing back on your feet.
2	Twists	Starting on your feet, jump into the air and perform a half-turn, landing back on your feet but facing the opposite direction. You can also perform a full-turn, 480 or 540 degree rotations.
3	Seat Landing	Starting on your feet, jump and rotating backwards a minimal amount, landing on your bottom with your legs out straight in front before returning to a standing position
4	Swivel Hips	Starting in a seat landing and performing a ½ twist in upright position before landing again in a seat landing.
5	Front Landing	Starting on your feet, jump and rotate forwards ¼ of a somersault, landing on your front before returning to a standing position
6	Flat Back	Starting on your feet, jump and rotate backwards ¼ of a somersault, landing completely flat on your back with your hands on your thighs.
7	Back Landing	Starting on your feet, jump and rotate backwards ¼ of a somersault, landing on your back with your hips at approximately a 45 degree angle, before returning to a standing position
8	Somersault	Starting on your feet, jump and rotate forwards or backwards, completing a full rotation to land back on your feet again. Can be performed in tuck, pike or straight shapes.

D TRAMPOLINING ROUTINES		
1	Control	When the muscles in the body are contracted (tightened) a gymnasts can control their movements better.
2	Fluency	Performing effortlessly and smoothly during an action, sequence or routine.
3	Arm Set	The action used to make sure arms are in a static vertical position when a jump leaves the trampoline, the best way to start moves in isolation as well as routines.
4	Line out	Extending the legs and hips to show a straight body position after the shape or somersault is completed and before landing back on the trampoline.
5	Judge	A person who watches the trampolining routine and decides how difficult it is and how well it has been performed. They then award a score.

E LINKS TO THEORY		
1	Extension	<ul style="list-style-type: none"> The straightening of your joints. A trampoline gymnast needs to extend their joints, otherwise they might get marks deducted.
2	Cardiovascular endurance	<ul style="list-style-type: none"> The ability to continuously exercise the whole body without tiring. A trampoline gymnast would need cardiovascular endurance to maintain high levels of performance whilst performing a number of routines containing different moves throughout a competition.
3	Aesthetic Appreciation	<ul style="list-style-type: none"> How good a move looks. If a move is pleasing to the eye it is said to be aesthetically pleasing.

C TRAMPOLINING APPARATUS			
1	Floor Mat - A piece of foam covered in plastic that is placed in the floor to allow actions to be performed safely	4	Catch-Mat - A foam filled mat that a coach might use to reduce the rebound when developing a new move. It is not a substitute for proper coaching of technique.
2	End Deck - A large, thick mat that sits on a frame at each end of the trampoline to cushion the impact if anyone falls from the apparatus.	5	Trampoline Bed - The white mesh material which is attached to the frame by coiled springs. This is the part that a performer will bounce on.
3	Safety Mat - A thick piece of foam covered in plastic that is used to provide extra cushioning when landing from actions done at greater height.	6	Spotter - People positioned at points around a trampoline in order to ensure additional safety for performers who might otherwise fall off without their help.