



TWO RIVERS
HIGH SCHOOL

Two Rivers High School

Trampoline Knowledge and Skills Overview

| | Autumn 2022-23 | | Spring 2022-23 | | Summer 2022-23 | |
|--|----------------|--|----------------|--|----------------|--|
| | | | | | | |
| Prerequisite skills | | | | | | |
| Jumping with arm movements | | | | | | |
| Stop / Start / Mounting / Dismounting | | | | | | |
| Tuck | | | | | | |
| Pike | | | | | | |
| Straddle | | | | | | |
| Half twist jump | | | | | | |
| Full twist | | | | | | |
| Straight jump and stop | | | | | | |
| Star jump | | | | | | |
| Seat landing (Seat to matt / seat returning to feet with support) | | | | | | |
| Flat back (matt, supported, full skill) | | | | | | |
| Advanced Skills | | | | | | |
| Seat Landing returning to feet and showing correct positioning of hands) | | | | | | |
| Half twist to seat landing | | | | | | |
| Seat landing to half twist | | | | | | |
| Seat landing to half twist, to seat landing | | | | | | |



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|---|--|--|--|--|--|--|
| Front landing (knees to front, front landing to mat, full skill). | | | | | | |
| Back drop (matt, supported, full skill) | | | | | | |
| Higher Ability – Rotations (front / back / roller) | | | | | | |
| Application – Routine | | | | | | |
| LA - Repeat a move five times, without any intermediate jump (swingtime.) | | | | | | |
| MA -Routine –6 actions without intermediate jump. | | | | | | |
| HA - Routine – 6+ actions with complex skills included. | | | | | | |