

TRAMPOLINING



K S 3

0.3	0.2	0.3	
0.2	0.1	0.1	0.2
0.3	0.2	0.3	

MOST IMPORTANT COMPONENTS OF FITNESS

Power – to jump high.

Balance – to be able to keep your body positioned correctly.

Strength – to hold your body weight or that of others.

Flexibility – to put your body into the correct position.

Co-ordination – to be able to complete skills at the correct time.

SKILLS

Jumps: Tuck, Pike, Stradle
Landings: Seat, Front, Back.
Half turn Full turn Swivel
Hips Somersault

TACTICS

Picking the right skills for you.

Picking the right order to perform the skill in.

REGULATIONS

You must be qualified to get the trampolines out and put them away.

Students can help, but only if the teacher is there. You must not go on the trampolines unless the teacher is there.

You must have spotters in place on the sides of the trampoline.

You must concentrate when spotting.

You are not allowed to go under the trampoline.

You must wear socks on the trampoline

RULES
