

Year 7 Trampolining 100% sheet



Seat drop



Straddle

Tuck



Pike



Skill
 Straight bouncing
 Stopping
 Tuck
 Pike
 Straddle
 ½ Turn
 Full Turn

Trampolining Safety Code

Skill
 Seat Drop
 Seat Drop ½ turn
 Seat Drop ½ turn, Seat Drop
 Swivel Hips
 ½ turn Seat Drop

For the safety of all, the following rules must be observed.

- Use the trampoline responsibly and only in the presence of a qualified Coach or Teacher
- Always have trained spotters on each side of the trampoline. End decks or safety mats may replace spotters at the end of the trampoline.
- New skills, somersaults, double bouncing, kipping should only be performed after training and permission has have been given.
- Jumping from one trampoline to another or from the trampoline to the floor is dangerous and must be discouraged.
- Wear non loose PE kit, covering knees and elbows, non-slip socks or trampoline shoes
- Tie back long hair and keep fingernails short, Remove jewellery, including body piercing, before jumping on the trampoline.