

Summary of Trampoline Teachers Awards course content and accreditation.2022/23

The British Gymnastics accredited training course enables you to teach the trampolining skills within the course syllabus for the benefit of your pupils within the school curriculum only. This course is accredited by BG and only open to trainee & qualified teachers. NOTE: it is no longer essential to be a qualified teacher of PE or Dance/

This is the minimum requirement advised by British Gymnastics for teachers in schools who are preparing pupils for GCSE Examinations, Schools competitions, curricular and extra-curricular activities.

Assessment Criteria:

The practical element of both part 1 and 2 course is internally assessed throughout the duration of the courses by the course tutor who will assess competence to teach trampolining . Practical assessment involves self-assessment questions and verbal questioning.

Part 2 also has a plus a 45 minute written examination at the end of the course. Pass Mark: 60%.

BG recommends a refresher course should be completed every 2-3 years to maintain competence to teach trampolining.

Each course is 12 hours course time (this excludes breaks). Levels 1 and 2 do not have to be on consecutive days but may be desirable. Level 1 has to be passed before attending a Level 2 course but the two courses can be run consecutively with the total course time being 24 hours. Applicants must attend **the whole course** to qualify.

Level 1 has no theory examination and it is a 'stand alone' qualification. Assessment is continuous throughout the course. Once completed the Teacher is qualified to teach all the skills that are on the **Part 1 syllabus. The order of teaching these skills may vary.**

- Jumping and stopping
- half & full twist jumps
- seat, front and back landings
- shaped jumps
- skills up to and including $\frac{1}{2}$ twist into and out of the seat, front and back
- basic combination of skills
- swivel hips & roller

Also covered are setting out and packing away, kipping techniques and basic biomechanics and theory elements including Safety, Competitions (introduction) and Quality and Proficiency Scheme

The Part 2 syllabus expands on Level 1 and includes:

- full twist in to and out of seat, front and back landings
- cat twist, cradle, half turntable
- complex twisting skills
- progressions leading to forward and backward somersaults, including shaped somersaults

Theory elements include:, BG competitions, Biomechanics, Routine construction and tariffing.

Schools offering GCSE PE and A Level are very strongly recommended to complete the Part 2 course (see below)

- To be eligible for the course candidates must be a minimum of 21 years of age at the start of the course, fit to participate, with the ability to perform basic trampoline skills.
- Note: Some complex skills may be covered in theory if course candidates are unable to demonstrate the skills practically during the course.

GCSE requirements (generic summary) AQA /Edexcel/OCR mapped to Part 1 and Part 2 courses. (Items highlighted are only available to teachers with Part 2 qualifications. Skills in red are NOT covered on Teachers courses)

- Shapes: straight/tuck/pike/straddle/others.
- Basic jumps: tuck jump; pike jump; straddle jump; half twist; full twist, others
- Basic landings: seat landing; front landing; back landing.
- Basic twists: seat landing, half twist to feet; half twist to seat landing; swivel hips.
- Basic combinations: seat landing to front landing; front landing to seat landing; front landing, half twist to feet; half twist to front landing; back landing, half twist to feet; half twist to back landing, seat half twist to feet, seat half twist to seat (swivel hips)/.

Advanced categories of skills:

- Advanced twists: one and a half twist jump; cat twist, half turntable; full turntable.
- Advanced landings: back landing to front landing; front landing to back landing.
- Advanced landings, including twisting and rotation: back landing, full twist to feet; back landing, half twist to back landing (cradle); back landing, full twist to back landing (cat twist).
- Somersaults: hands and knees turnover, three quarter front somersault to back, to feet; front somersault to feet; back somersault to feet, barani/others.