



The Trampoline Training School

Part 1 & 2 Combined Teachers Trampoline Course (4 Days)

Monday 4th, Tuesday 5th, Wednesday 13th & Thursday 14th October 2021

N.B. All courses are tutored by a fully qualified British Gymnastics and delegates are reminded to make sure they bring their personal Dfes number (Teacher Reference number) with them on the day as this is required for British Gymnastics application forms.

Venue for courses:

Admiral Lord Nelson School, Dundas Lane, Portsmouth, PO3 5XT

Teachers Combined Level 1 & 2 Course – Four Days

Please find details regarding the **Part 1 & Part 2 Teachers Trampoline course for qualified PE Teachers who require their Part 1 & 2 qualification**. Successful completion of the Part 1 & Part 2 course will enable staff to be able to teach the basic skills of trampolining in school (see course syllabus). The course involves a large amount of practical work and continuous practical assessment. Suitable kit is recommended and delegates must ensure they wear non slip socks not football/rugby socks. Further details about the course syllabus and guidelines on eligibility to attend can be found below.

The £475 covers all costs including the tutor, teacher's resource pack and certification. It is advisable for delegates to take lunch, drinks and snacks in line with their own requirements.

If you would like to attend this 4 day course please complete and return the application request form, either by using the online booking form or the printable booking form available from our website. Places will be allocated on a first come first served basis and confirmed in writing by e-mail. Delegate confirmations will provide full event details including dates, times and venue information. Please be aware there are **only 15 places** available for each course so prompt booking is recommended. An invoice for **£475** will be raised so please ensure invoicing details are correct and provided in full including the purchase order number.

Having completed the course successful delegates will receive a certificate from the governing body and are reminded to keep safe as this can be used as evidence to confirm their eligibility to attend future courses.

If you have any questions, or require any further information, please do not hesitate to contact me accordingly:

Email: info@trampolinetrainingschool.co.uk or Telephone: 0776 1342475

Information on Eligibility for Part 1 & 2 Teachers Trampoline Course

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.

Candidates must be one of the following:

- (a) Specialist trained PE teachers (this includes a specialist PE qualification gained abroad).
- (b) Trainee PE teachers who are undertaking the Schools Direct, SCITT or "Teach First" programme, or who are



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about to complete their PGCE course (i.e. in their final term). Students in either their third or fourth year of training to be PE teachers can also take the award.

- (c) Non PE specialists who are in possession of a current British Gymnastics Coach Award (Level 2) or higher in another discipline.
- (d) **Must have completed the 2 day Part 1 course for the Part 2.**

N.B. Support assistants are not eligible for this course but might be interested in the Proficiency Award Course for PE Teaching Assistants.



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Syllabus for Part 1 Teachers Trampoline Course (2 days)

- Welcome, registration, general information regarding course and British Gymnastics, eligibility
- Safety and Code of Practice including unfolding/folding of trampolines
- Warm up
- Basic kipping techniques
- Seat, back, hands and knees and front landings
- Shaped jumps
- Twisting
- Basic combinations (seat to front etc)
- Half twist to and from seat, back, front
- Swivel hips and Roller
- Simple sequence construction
- British Gymnastics Proficiency Award Scheme
- Mechanics (Body axes, centre of mass and balance, conservation of momentum, effect of change of shape when twisting, generating torque for controlling rotation)

Syllabus for Part 2 Teachers Trampoline Course (2 days)

- Revision of Safety and Code of Practice also unfolding/folding
- All build up skills to front somersaults including piked shape
- All build up work for back somersaults including piked and straight shapes
- Shaped seat, back and front landings
- Aerial Twisting
- Full twists to and from seat, back and front landings
- Cradle, cat twist, half turntable
- Somersault mechanics
- Competitions, routine construction and tariff of skills
- Revision of theory prior to written examination
- Written examination

N.B. There will be an element of revision of Level 1 topics throughout the course