



## The Trampoline Training School

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

**Venue for course:** The Grange School, Redvers Rd, Christchurch BH23 3AU

**Dates:** Monday 29th, Tuesday 30<sup>th</sup> April, Monday 20<sup>th</sup> May & Tuesday 21<sup>st</sup> May 2024

**Cost:** £499.00

#### 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 £499 covers all costs including the tutor costs and expenses, 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 **£499** can be raised or you can post a cheque so please ensure invoicing details are correct and provided in full.

Having completed the course delegates will find their certificate in their account under Profile on the British Gymnastics website.

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

**Email:** [info@trampolinetrainingschool.co.uk](mailto:info@trampolinetrainingschool.co.uk) or **Telephone:** 0776 1342475



## The Trampoline Training School

### 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) Teachers who hold QTS or a formal teaching qualification.
- (b) Trainee PE teachers who are undertaking the Schools Direct, SCITT or “Teach First” programme, or who are 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.

**N.B.** Support assistants are not eligible for this course but might be interested in the Helpers Award found on British Gymnastics website.

**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.**



## The Trampoline Training School

### 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 pike shape
- All build up work for back somersaults including pike 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