



The Trampoline Training School

Part 1 Teachers Trampoline Course (2 Days)

Dates: Monday 20th & Tuesday 21st October 2025

Cost: £299 per delegate

Venue for course: Cantell School, Violet Rd, Southampton SO16 3GJ

N.B. All courses are tutored by a fully qualified British Gymnastics Tutor 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.

Teachers Combined Level 1 Course – Two Days

Please find details regarding the **Part 1 Teachers Trampoline course for qualified PE Teachers who require their Part 1 qualification**. Successful completion of the Part 1 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 £299.00 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 2 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 16 places** available for each course so prompt booking is recommended. An invoice for £299.00 will be raised so please ensure invoicing details are correct and provided in full with the purchase order number.

Having completed the course successful delegates will receive a certificate from the governing body and are reminded to keep these safe as they 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) 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.

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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)