

# Teachers' Trampoline Awards

The Teachers' Trampoline Awards consist of two parts. Part One must be completed before progressing to Part Two. Part One and Part Two courses may run concurrently, consisting of a four-day delivery.

In order to be eligible to attend the Teachers' Trampoline Awards, a candidate must be:

- Specialist trained PE teacher, or
- Trainee PE teacher (undertaking a PGCE, GTP or SCITT or in their 3rd/4th year of a QTS course); or
- Teachers who not PE specialists, but hold a current UKCC Level 2 (or higher) BG coaching award, or equivalent.

## Part One 12 hour course

- Safety and Code of Practice including unfolding/folding trampolines
- Warm up
- Basic kipping technique
- Body landings
- Shaped and twisting jumps
- Basic combinations
- Half twist to and from body landings
- Swivel hips and roller
- Simple sequence construction
- British Gymnastics Proficiency Award Scheme
- Mechanics

## Part Two 12 hour course

- Revision of Safety and Code of Practice
- Build up skills to front somersault including piked shape
- Build up work for back somersaults including piked and straight shapes
- Shaped body landing
- Aerial twisting
- Full twists to and from body landings
- Cradle, cat twist and half turntable
- Mechanics
- Competitions, routine construction and tariffing of skills

Involves a written examination covering the theory of the Part 1 and Part 2 modules

## Refresher courses

It is recommended that teachers who have completed the Teachers' Trampoline Award, or recognised BG coaching awards, attend a Refresher course every 3 years. Many education authorities are beginning to insist on this to ensure the teaching of trampolining in schools is up to date and safe.

## How to apply

Teachers' courses are listed on the BG website via the **Find a Course** search facility.

Select **Teachers** as the type of course and click 'Find' to see a full list of Teachers' courses available. If you are interested in attending a particular course, you can contact the course organiser, whose details will be listed on the course details page.

## Find out more

If you would like to know more about our Teachers' courses you can send your enquiry to:

**coaching@british-gymnastics.org**

Or alternatively, you can contact the Education Team on:

**0845 129 7129 ext: 2392**