

Trampoline Programme 1



Adult supervision is important for safety & to be completed with the support of an adult.

REMEMBER YOU WANT THE CHILD TO SUCCEED

Aim: To improve balance, stability, stamina and coordination

Frequency: 4-5 times a week

Equipment: Trampoline or Trampette

JUMPING ON THE TRAMPOLINE CARRY OUT THE FOLLOWING SEQUENCES: HOLD HANDS IF NEEDED.

- Jump up and down with 2 feet together - for 30 seconds to 1 minute.
- Jump feet in and out to the side - for 30 seconds to 1 minute.
- Jump feet forwards and backwards - for 30 seconds to 1 minute.
- Jog - 1 minute.
- Jump with 2 feet together turning around with small jumps to face different parts of the room as indicated by caregiver - 1 minute.

JUMPING UP AND DOWN ON THE TRAMPOLINE WHILST:

- Throwing and catching a ball to partner who is standing on the ground x 10.
- Throw and catch to partner as they move around the trampoline randomly x 10.

JUMPING ON THE TRAMPOLINE FOLLOWING THESE SEQUENCES:

- Jump feet together x 2, legs in and out x 2, forwards and backwards x 2.
- Jump feet together x 2 then jump off trampoline and land on 2 specific spots placed on floor. X10
- When you have mastered the last one, perform 2-star jumps, 3 jumps and jump off landing on the spots X20
- Hop x15 on right leg then x15 on left leg.
- Hop x 2 on right leg then x 2 on left leg. Repeat this sequence for 1 minute.



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