

Trampoline Programme

2



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 FEET TOGETHER X 2 . JUMP FEET APART X2 - REPEAT 1 MIN
- KICK FEET ALTERNATELY OUT TO SIDES WITH OR WITHOUT ANKLE WEIGHTS X 1 MIN
- TUCK JUMPS. JUMP 2 FEET TOGETHER AS MANY TIMES AS YOU NEED THEN BRING KNEES TOGETHER UP TO CHEST AS HIGH AS YOU CAN X15.
- WHILST JOGGING CROSS ARMS OVER TO TOUCH ALTERNATE KNEES X 1 MIN
- KICK LEGS ALTERNATELY FORWARD WHILST TOUCHING HEAD ON AND OFF WITH BOTH HANDS X 1 MIN
- KICK LEGS BACKWARDS ALTERNATELY WHILST PUSHING BOTH ARMS FORWARD AND BACK X 1 MIN
- JOG ON TRAMPOLINE WHILST RAISING BOTH ARMS UP, DOWN, FORWARDS AND BACK X 1 MIN
- JUMP SIDWAYS FROM THE FLOOR UP ONTO THE TRAMPETTE THEN OFF AGAIN- WITH CARE!!! X 10 TIMES
- JUMP THEN KICK BOTH LEGS OUT TO THE SIDE (SADDLE) X 20
- JOG GENTLY TO RELAX! X 1 MIN



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