

Trampoline Programme

3



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.

CRISS CROSS LEGS.

Jump feet out then cross them in front, jump feet out then cross them behind. Then begin to alternately cross arms above head then in front of thighs. -1 minute

HOPSCOTCH LEGS.

Hop on right foot then jump 2 feet apart - 30 seconds
Hop on left foot then jump feet apart - 30 seconds
Hop on right foot then jump feet apart, hop on left foot then jump feet apart - 30 seconds

ROUND AND ROUND.

Jump 2 feet forwards then back into the middle.
Jump to the right then back to the middle.
Jump to the back then back to the middle.
Jump to the left then back to the middle. -1 minute.
Every time you land in the middle clap your hands together.

Jog on the spot...

Whilst raising both arms up then down then forward then back.
Repeat - 1 minute

DISCO TIME!

Star jump legs in and out. Each time point arms alternately diagonally, first up to the right then up to the left - 1 minute



[childrenstherapyservices](https://www.instagram.com/childrenstherapyservices)



Childrens Therapy Services

www.childrenstherapy.online

info@childrenstherapy.online

ASF registered

Trampoline Programme

3



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.

ROLL WITH IT!

Jog on the spot. Roll hands forwards x4 facing the front.

Do a $\frac{1}{4}$ turn and roll hands backwards x4.

Do $\frac{1}{4}$ turn and roll hands forward etc

Repeat for 1 minute

KNEES UP!

Raise arms up and pull down to the side whilst bringing knees up alternately to meet them x 1minute



childrenstherapyservices



Childrens Therapy Services

www.childrenstherapy.online

info@childrenstherapy.online

ASF registered