

## Core Skills Analysis

### Physical Education

- Developed gross motor skills through jumping, balancing, and coordinated movements on the trampoline surface.
- Enhanced cardiovascular fitness and muscle strength due to continuous physical activity.
- Practiced spatial awareness and body control to navigate the trampoline park safely.
- Experienced dynamic balance challenges requiring quick reflexes and posture adjustments.

### Social and Emotional Development

- Engaged in social interaction opportunities through shared play and turn-taking.
- Built confidence by mastering new physical skills and overcoming fears of jumping or falling.
- Experienced emotional regulation as they manage excitement, frustration, or fatigue during active play.
- Collaborated with peers in group activities or games within the trampoline park environment.

### Tips

Tips: To further deepen the physical and social learning from a trampoline park visit, encourage children to set personal movement goals, such as improving jump height or mastering a new trick, fostering a growth mindset. Introduce basic concepts of physics like gravity and force by discussing how jumping works, combining physical activity with science learning. Organize small team challenges or cooperative games to promote social skills like communication and teamwork. Also, consider journaling or drawing about the experience to reflect on emotions and progress, strengthening self-awareness and emotional expression.

### Book Recommendations

- [Jump, Frog, Jump!](#) by Robert Kalan: A fun, rhythmic story that encourages physical movement and coordination, perfect for young children exploring jumping and activity.
- [The Busy Body Book: A Kid's Guide to Fitness](#) by Lizzy Rockwell: An engaging guide that explains how the body works during exercise, helping children understand the benefits of physical activity.
- [Giraffes Can't Dance](#) by Giles Andreae: A story promoting confidence and self-expression through movement, encouraging children to embrace their unique abilities.

### Learning Standards

- Physical Education KS1 & KS2: Develop fundamental movement skills and participate in team games (NCPE KS1 & KS2)
- Science KS1: Understand basic forces such as gravity and movement (NC Science KS1 2a, 2b)
- PSHE KS1 & KS2: Develop confidence, cooperation, and self-awareness in group settings (NC PSHE KS1 & KS2)
- English KS1: Reflective writing and vocabulary development through journaling activities (NC English KS1 Writing)

### Try This Next

- Create a 'Jump Journal' where the student records different types of jumps and how they felt performing each, linking physical activity with self-reflection.
- Design a quiz on the science of jumping, including questions about gravity, momentum, and balance to reinforce physics concepts.

## **Growth Beyond Academics**

The trampoline park activity supports emotional growth by fostering courage as children try new physical challenges, building resilience through trial and error, and enhancing social confidence via shared play experiences. It also encourages independence while providing opportunities for positive peer interaction.