

Objective

By the end of this lesson, you will learn the basics of trampolining and have fun bouncing around!

Materials and Prep

- Trampoline
- Comfortable clothing
- Clear space around the trampoline
- Parental supervision

No prior knowledge or experience needed, just be ready to have a great time!

Activities

- **Bounce and Count:** Bounce on the trampoline and count each bounce out loud. See how high you can count!
- **Simon Says Bouncing:** Play a game of Simon Says while bouncing on the trampoline. Simon says "bounce high", "bounce low", "bounce in a circle", etc.
- **Bounce and Spell:** Spell out simple words while bouncing. Each bounce can represent a letter. For example, bounce for each letter in "cat".
- **Animal Bouncing:** Pretend to be different animals while bouncing - bounce like a frog, hop like a bunny, or pounce like a tiger!

Talking Points

- *"When we bounce on the trampoline, our bodies move up and down like a big spring!"*
- *"Bouncing can help us exercise and have fun at the same time!"*
- *"Remember to always bounce safely and listen to the rules your parents set."*
- *"Isn't it cool how we can pretend to be different animals while bouncing? Let's try bouncing like a kangaroo next!"*
- *"Counting while we bounce can help us learn numbers and have fun at the same time. Let's count together!"*