

Matilda's Trampoline Adventure!

Get ready for some bouncy fun, Matilda! Today, we're learning all about jumping safely on the trampoline.

Materials You'll Need:

- Mini-trampoline or large trampoline (with safety net if possible)
- Comfortable clothes (like leggings or shorts and a t-shirt)
- Water bottle
- Your amazing energy!

Let's Warm Up! (5 minutes)

Before we bounce, let's get our bodies ready!

1. **Jumping Jacks:** Let's do 15 happy jumping jacks!
2. **High Knees:** March in place, lifting your knees super high like you're marching in a parade. (30 seconds)
3. **Arm Circles:** Make big circles forward with your arms (10 times), then backward (10 times).
4. **Ankle Rotations:** Sit down and draw circles with one foot, then the other.

Trampoline Safety First! (Super Important!)

Trampolines are fun, but we need to be safe. Here are our Golden Rules:

- **One Jumper at a Time:** Only Matilda on the trampoline when jumping.
- **Bounce in the Middle:** Try to stay in the center, away from the edges and springs.
- **Look Before You Leap:** Always know how you're going to land.
- **No Crazy Flips (Yet!):** We're starting with simple, safe jumps today.
- **Getting On/Off Safely:** Carefully step on and off the trampoline; don't jump off.
- **Ask for Help:** If you feel unsure, ask your grown-up!

Let's Bounce! (15-20 minutes)

Okay, Matilda, time to carefully get on the trampoline!

1. **Feel the Bounce:** Start with small, gentle bounces without your feet leaving the mat. Just feel the springiness!
2. **Straight Jumps:** Now, try some low, controlled straight jumps. Keep your body straight, arms by your sides or slightly out for balance. Bounce up and down gently. How many can you do in a row while staying in the middle? (Try 10)
3. **Pause and Balance:** After a few jumps, practice stopping suddenly and holding your balance. Freeze like a statue! Can you hold it for 3 seconds?
4. **Tuck Jumps:** Let's try a fun one! Jump up, and while you're in the air, pull your knees up towards your chest (like you're tucking into a ball). Land gently on your feet. Try 5 tuck jumps. Remember to start small!
5. **Seat Drops (Optional - if comfortable):** Start with a small straight jump, then land in a sitting position (bottom and hands hit the mat at the same time). Bounce straight back up to your feet. Try it gently a few times only if you feel ready and have space.
6. **Fun Game - Freeze Bounce:** Bounce gently. When your grown-up shouts "Freeze!", stop bouncing and hold your balance. When they say "Bounce!", start again!

Cool Down Time (5 minutes)

Great job, Matilda! Let's cool down our bouncy bodies.

- **Slow Walk:** Walk slowly around the room or yard.
- **Gentle Stretches:** Sit down and reach for your toes (hold for 15 seconds).
- **Butterfly Stretch:** Sit with the soles of your feet together and gently press your knees down (hold for 15 seconds).
- **Arm Stretch:** Gently pull one arm across your chest (hold 10 seconds), then the other.
- **Deep Breaths:** Take 3 slow, deep breaths. Breathe in... and out.

Wow, Matilda! You were a fantastic trampoline explorer today! You learned about safety and practiced some awesome bounces. Keep practicing your safe jumping!