

Trampoline Fun: Jumps, Bounces, and Creative Moves!

Get ready to jump, bounce, and have a blast on the trampoline! Today, we're going to learn some cool moves, stay safe, and even create our own trampoline sequence!

Part 1: Warm-Up Wiggles (5 minutes)

Before we start bouncing high, let's get our bodies ready!

- **Jumping Jacks:** 10 fun jumping jacks.
- **Arm Circles:** Make big circles with your arms forwards (5 times) and backwards (5 times).
- **Leg Swings:** Hold onto something stable (if needed) and gently swing one leg forward and back (5 times each leg).
- **Ankle Rolls:** Roll your ankles in circles, like you're drawing circles in the air with your toes (5 times each ankle).
- **Light Bounces:** Gentle, small bounces on the trampoline to get used to it.

Part 2: Safety First! (3 minutes)

Trampolines are super fun, but we need to be safe. Here are our two most important rules:

1. **One Jumper at a Time:** Only one person on the trampoline. This helps us avoid bumping into each other.
2. **Aim for the Middle:** Always try to jump and land in the center of the trampoline. This is the bounciest and safest spot!

Can you tell me the two safety rules in your own words? Great job!

Part 3: Learning Our Jumps! (10-15 minutes)

Let's learn some awesome jumps! Remember to always land softly on your feet and keep your eyes looking forward.

1. **The Straight Jump:**
 - Stand in the middle of the trampoline, feet shoulder-width apart, arms by your sides.
 - Bend your knees slightly, swing your arms up, and JUMP straight up!
 - Keep your body straight in the air, like a pencil.
 - Land softly in the middle, bending your knees.
 - Practice 5 straight jumps.
2. **The Tuck Jump:**
 - Start with a straight jump.
 - When you're in the air, pull your knees up to your chest, like you're hugging them.
 - Straighten your legs before you land.
 - Land softly in the middle.
 - Practice 5 tuck jumps. It's okay if it takes a few tries!
3. **The Star Jump (or X Jump):**
 - Start with a straight jump.
 - In the air, spread your arms and legs out wide, like a star or an 'X'.
 - Bring your arms and legs back in before you land.
 - Land softly in the middle.
 - Practice 5 star jumps. Feel like a shining star!

Challenge: Can you do "Simon Says" with these jumps? (Parent calls out "Simon says do a tuck jump!")

Part 4: Creative Corner - My Trampoline Sequence! (10-15 minutes)

Now it's time to get creative! You're going to make your very own trampoline sequence.

- Choose at least **three** different moves we learned today (or make up a safe, simple new one, like a bouncy walk or a little spin – no flips!).
- Think about how you can link them together. Maybe a straight jump, then a tuck jump, then a star jump!
- Practice putting your moves together in a sequence.
- When you're ready, show off your amazing trampoline sequence! (Optional: Play some fun music!)

Remember, it's all about having fun and expressing yourself. There's no right or wrong way, as long as you're being safe!

Part 5: Cool Down & Chat (5 minutes)

Great job, superstar jumper! Let's cool down our bodies.

- **Gentle Bounces:** A few very small, gentle bounces, getting smaller and smaller until you stop.
- **Deep Breaths:** Stand tall, reach your arms up high as you breathe in, and let them float down as you breathe out (3 times).
- **Easy Stretches:**
 - Reach for your toes (don't worry if you can't touch them, just feel a gentle stretch).
 - Stretch your arms across your body.

Let's Chat:

- What was your favorite jump today?
- Can you tell me one safety rule we learned?
- What was fun about making your own trampoline sequence?

You were fantastic! Keep practicing your safe bouncing!