



Trampoline Exercises

A Trampoline is a great piece of equipment to invest in and easy to use. Any sized trampoline can be used

The following activities are specially designed to improve the child's co-ordination, motor planning and motor sequencing

Helpful strategies

- Ensure you have your child's attention (i.e. child looking at you), before giving them instructions.
- Give the instruction slowly and in a loud, clear voice.
- If the child is having difficulties carrying out the instruction, provide a demonstration (i.e. you complete the activity first and the child imitates you). It may also help the child to practise the activity on the floor before attempting on the trampoline.

Activities

- **Warm-up** - Allow the child to warm up on the trampoline by doing a few practise jumps. Encourage them to keep their head up and discourage looking at their feet.
- **The Twist** - Hold the child's arms and ask them to jump and twist their body to the one side and then the other. You can help the child achieve this by pulling and pushing opposite arms.
- **Knee Jumps** - Whilst jumping bend each knee up in turn and tap it with their same side hand. Repeat this 4 -5 times on each knee.

Then try using the opposite hand to the knee.

- **Star Jumps** -Start off jumping then ask the child to jump feet out then back together. Then ask them, on each bounce, to clap hands above their head and then back down by their sides. Once achieved, put movements together to form a star jump
- **Ball Throwing** -Catch a ball and

throw it whilst jumping. Repeat this 4-5 times

- **Jumping Jacks** – jump one leg forward and swing the arm on the same side forward. Jump and swap legs and arms.

Once the child has achieved this, use the opposite arm to the forward leg.

It may help the child to take a sock off and place it on the opposite hand to the foot with the sock on. Yourself or the child can then say 'socks forward no socks forward'.

