



Home Program for Trampoline Activities

Trampoline activities are useful to help normalize muscle tone and increase core strength and gross motor coordination. Gross motor coordination is important to foster physical balance, strength, stamina and enjoyment. This allows the child to navigate and explore the physical environment safely and confidently.



Trampoline Activities

- Ordinary jumping remaining near the centre of trampoline and maintaining good balance.
- Jumping and stopping when given instruction to "stop"
- Jumping and counting the jumps, stopping after a predetermined number of jumps. *For e.g., tell the child to jump 5 times then stop.*
- Jumping and clapping hands in different places.
For e.g., in front of the body, behind back, above their head.
- Jumping with feet apart and then together.
For e.g., 2 apart then 2 together, 3 apart then 3 together, 4 apart then 4 together and any number variation.

Trampoline Activities

- Variations of any of the above by clapping hands in different positions during other activity. *For e.g., jump 2, turn to Right, jump 2, turn to Left.*
- Jumping with one foot forward and one foot back (remaining in this position)
- As per above exercise but alternating feet each time (R foot forward followed by L foot forward etc.)
- Variations of above exercise - R foot forward for 2 jumps then L foot forward for 2 jumps and other number combinations.
- Jumping R foot forward, L foot back then feet together, then L foot forward and R foot back and so on.

Trampoline Activities

- Jumping over a rope with both feet together (a) sideways and (b) forwards/backwards etc.
- Divide trampoline into 4 with tape or rope. Get the child to jump in different direction and sequences.
For e.g., number the squares or put a different coloured circle in each. For e.g., tell child to jump 4-1-3-2 or red, blue, yellow and green
- Hopping on the spot on the trampoline on one foot.
- Jumping and catching a ball at the same time.
- Balancing from standing to sitting to standing (bottom-sits). Catch and throw a ball while jumping.

Trampoline Activities

- Kneeling on the hands and knees while someone bounces (gently) around the child trying to put them off balance.
- As per above with: 1 arm in the air, 1 leg in the air, opposite arm and leg in the air, kneeling on knees.
- Slow rhythmical rocking from side to side (shift weight from Right foot to Left foot continuously) then from front foot to back foot continuously. (Can also be done with an assistant standing behind the child on trampoline if the child is fearful).
- Lying on trampoline pretending to be floppy while someone bounces around the child.
- For very active children, encourage purposeful jumping regular through the day.

Activities to try