



Trampoline Curriculum

Scope:

Here's a curriculum outline designed to explore the benefits of trampoline activities in physical education. This curriculum can be adapted for different educational levels and class sizes. The goal is to provide students with a comprehensive understanding of how trampoline exercises benefit their physical fitness, coordination, and overall well-being.

Overview:

Grade Levels: Middle School / High School

Duration: 4-6 weeks (can be adjusted based on class schedule)

Frequency: 2-3 sessions per week

Class Length: 60 minutes per session

Benefits:

Trampoline exercises offer a wide range of physical education benefits. Here are some key advantages:

- **Cardiovascular Fitness:** Jumping on a trampoline is an excellent cardiovascular workout. It elevates your heart rate and improves overall cardiovascular health.
- **Muscle Strength and Tone:** The bouncing motion engages various muscle groups, including the legs, core, and arms. Over time, this can lead to increased muscle strength and tone.
- **Balance and Coordination:** Trampoline exercises require you to maintain balance and coordination, which can improve these skills and help with overall body control.
- **Flexibility:** Regular use of a trampoline can enhance flexibility, particularly in the lower body, as the stretching and bouncing motions help to lengthen muscles.
- **Bone Density:** The impact from bouncing can help improve bone density, which is beneficial for preventing conditions like osteoporosis.
- **Lymphatic System Health:** The up-and-down motion stimulates the lymphatic system, which helps with detoxification and boosting the immune system.
- **Low-Impact Exercise:** Compared to other forms of exercise, trampolining is relatively low-impact due to the trampoline's surface absorbing some of the shock, which reduces stress on the joints.
- **Coordination and Agility:** Trampoline workouts can enhance agility and coordination, as they require precise movements and quick reflexes.
- **Mental Health:** Like many forms of exercise, trampolining can release endorphins, which can help improve mood and reduce stress levels.
- **Fun and Motivation:** Trampoline exercises can be enjoyable and engaging, making it easier to stick with a fitness routine.

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Overall, trampolining offers a dynamic and enjoyable way to improve physical fitness while providing numerous health benefits.

Lesson Plans

Unit 1: Introduction to Trampoline Activities

Week 1: Understanding Trampoline Basics

Lesson 1: Introduction to Trampolining

Objectives: Learn about the history and development of trampolines. Understand the basic components and safety features.

Activities:

Brief history of trampolining.

Overview of trampoline types and their uses.

Safety demonstration: Proper use and common safety guidelines.

Lesson 2: Benefits of Trampoline Exercise

Objectives: Explore the physical and mental benefits of trampolining.

Activities:

Discuss benefits: cardiovascular health, improved coordination, muscle strength, bone density, and mental well-being.

Watch videos or guest speaker on trampolining benefits.

Group discussion on how trampolining compares to other exercises.

Unit 2: Physical Fitness and Trampoline Exercise

Week 2: Cardiovascular Health and Coordination

Lesson 1: Cardiovascular Benefits

Objectives: Understand how trampolining improves cardiovascular health.

Activities:

Warm-up: Basic trampoline bouncing.

Cardio routines: High-intensity interval training (HIIT) on the trampoline.

Monitor heart rate and discuss the impact of exercise.

Lesson 2: Enhancing Coordination and Balance

Objectives: Improve balance and coordination through trampoline exercises.

Activities:

Balance drills: Single-leg bouncing, bouncing with eyes closed.

Coordination challenges: Jumping in patterns, catching and throwing balls while bouncing.

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Week 3: Strength and Flexibility

Lesson 1: Building Muscle Strength

Objectives: Strengthen core and leg muscles through trampoline workouts.

Activities:

Strength exercises: Squats, lunges, and core twists on the trampoline.
Resistance training with elastic bands.

Lesson 2: Improving Flexibility

Objectives: Increase flexibility with trampoline exercises.

Activities:

Stretching routines before and after trampoline sessions.
Dynamic stretches incorporating trampoline movements.

Unit 3: Mental and Emotional Benefits

Week 4: Mental Health and Fun

Lesson 1: Stress Relief and Mood Enhancement

Objectives: Explore how trampolining can reduce stress and improve mood.

Activities:

Group bouncing activities to encourage laughter and fun.
Relaxation techniques: Deep breathing exercises on the trampoline.

Lesson 2: Boosting Confidence and Social Interaction

Objectives: Build self-confidence and encourage positive social interactions.

Activities:

Skill challenges: Learning new tricks and celebrating achievements.
Team games: Relay races and cooperative trampoline activities.

Unit 4: Integration and Application

Week 5: Applying Skills and Knowledge

Lesson 1: Creating a Trampoline Workout Routine

Objectives: Design a personalized trampoline workout incorporating learned skills.

Activities:

Group work: Plan and present a trampoline workout routine.
Practice routines and provide peer feedback.

Lesson 2: Safety and Maintenance

Objectives: Ensure safety and proper maintenance of trampoline equipment.

Activities:

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Discuss common trampoline injuries and how to prevent them.
Demonstrate proper trampoline maintenance and inspection.

Week 6: Assessment and Reflection

Lesson 1: Assessment

Objectives: Evaluate students' understanding and skills.

Activities:

Practical assessment: Demonstrate trampoline exercises and routines.

Written reflection: Answer questions about the benefits and personal experiences with trampolining.

Lesson 2: Reflection and Celebration

Objectives: Reflect on learning and celebrate achievements.

Activities:

Group discussion: Share personal experiences and improvements.

Awards or certificates for participation and achievement.

Materials Needed

Trampolines (with proper safety nets and padding)

Safety gear (e.g., trampoline socks, mats)

Resistance bands

Heart rate monitors (optional)

Stretching mats

Assessment Methods

Observation of skills and participation

Written quizzes or reflections

Practical demonstrations of exercises and routines

Feel free to adjust the curriculum to fit your specific class needs, equipment availability, and educational goals.

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