

Introduction to Rebounding

Purpose of Activity

To introduce safety rules/skills for using fitness trampolines in physical education.

Prerequisites

Student must have a general knowledge of using all physical education equipment in a safe manner.

- Suggested Grade Level: K-5
- Standards Met: 1,2,4,5

Activity Description

Have trampolines set out ahead of time. Start out by having a class discussion about the differences between an outdoor backyard trampoline and a fitness trampoline:

- Size difference
- Safety net on an outdoor trampoline
- Outdoor trampoline has more space for jumping, flipping, etc. If you lose your balance you will still land on it.
- Explain that an outdoor trampoline is for jumping, while a fitness one is for “bouncing”.

Emphasize the word “**bouncing**” because it helps the students visualize what that looks like and they are less likely to jump really high. Demonstrate what a bounce looks like to let them see that their feet can come off the trampoline, but not very high. “Imagine that you are in a room and the ceiling is really low. Don’t hit the ceiling with your head!”

To begin the lesson, have students practice stepping up with one foot and then the other, then step down one foot at a time. Tell them this is the way they get on/off the trampoline at all times. Practice this several times with the class.

Once the safety rules have been discussed and practiced, you can introduce a few “bouncing” techniques. Start with basic bouncing on two feet. Show the kids how they should push down with their feet to bounce.

- Bounce side to side
- Bounce front to back
- Straddle bounce with feet out and then back together
- Scissor bounce- one foot in front and one in back, bounce and switch feet

Assessment

At the end of class, review safety guidelines with class: Step up, step down. Bounce, not jump. Stay low

Note: It is best to have two kids work together to carry trampolines when moving them around. This will help with wear and tear on the rubber tips on the legs of the trampoline. Teach the students how to lift with their legs and carry the trampoline along the outside metal ring.