



## Warm-ups for Trampolining - Off bed

Begin by increasing cardio-vascular activity...



Begin warm-up with a gentle jog



Add leaps to the jogging

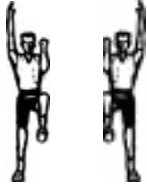


Then with Hurdle action



Then add jumps, both one footed and two footed

Whilst jogging, start to include co-ordination movements:



punch the air with opposing hands.

Then touch the ground with hands whilst jogging, first one, then the other and then both at the same time. Then when trailing hands, leap to full stretch

Now look to add trampoline shapes to the activity. Name the trampoline shapes and then call them into the jog: tuck, pike & straddle

Bring jog to a halt and gather the students: Find space, sit down in seat drop position, reinforce the seat shape.



Reach forward to pike shape, slow movement and hold shape. Repeat in straddle shape. Then repeat stretching over left leg, out to centre and then back over right leg. After each extension, return to up-right seat.



Move onto Hand & knees. Reinforce position for Hands & knees drop. Extend left leg backwards to straight, then lift upwards. Repeat with right leg. Then to improve core stability, extend left leg and extend right arm and hold for 5 seconds. Repeat for right leg and left arm. Then repeat a further 2 more times.



Stand back up and do slide and step on the spot, jump and slide leg to right, back to vertical and then out to left. Repeat at speed. Then increase to sliding from right to left, without use of in-between vertical position.



Star jumps, working on full extension in both straight and arm shapes

Add slow arm swing, reinforcing trampoline arm action, then full arm swing, forwards and backwards, then with counter swing and change direction

Add further coordination work: 1 arm forward, 1 arm back, 1 leg forward 1 leg back, into straddle and through straight. (see demo)

Finish with a game, options include:

Bulldogs (on hands and knees)

Cat and mouse (chase opposite who is in huddle with a further 2/3 students)

Train game: Follow coloured lines on floor, at intersections add shapes, any collisions, students out.

Stuck in the mud (straddle or slide)

Seek further game ideas from students.

### **Warm-ups for Trampolining - On bed**

Gentle bouncing

Add 10 swing-time tuck jumps, back to gentle bouncing and then 10 swing-time tuck jumps and rest.

2<sup>nd</sup> go, swing jumps, tuck, pike, straddle and then introduce body landings. Looking for correct take-off, phasing and landing in the drops.