Modifications:

- can jump up and down on floor if a trampoline is not available

Proprioceptive Activity 1

Mini Trampoline

Instructions:

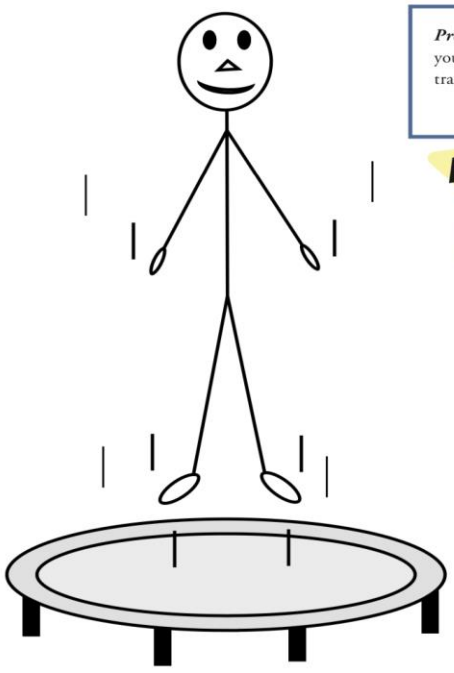
- Have the child complete 20 controlled jumps on the trampoline.
- OR have him jump until he is finished reading a prescribed list (for elementary age and above, see Further Suggestions).

Performance Objectives:

- Stimulate internal joint proprioception from "Heavy Work" of bouncing
- Develop flexion-extension control of lower extremities
- Stimulate linear vestibular responses

Further Suggestions:

- With letter, numbers, or words posted on the wall, have the child read while jumping. For example, skip-counting to assist in memorizing multiplication may be posted vertically and read from the bottom up. Letters and words may also be posted vertically or horizontally.
- If the child is proficient on the mini-trampoline, he may also follow the letters R, L, and B posted with or without pattern on the wall. He must "read" and then jump with the (R)ight foot, (L)eft foot, or (B)oth feet.



Pre-K adjustment: The young child may need a trampoline with handles.

Pre-K Approved

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Mini Trampoline

Level of Difficulty

Intensity Level

P1