



Activity Plan for Trampoline

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| Week 1 | | | |
| Activity | How many or how long | How many days | Instructions |
| Trampoline  | 20 mins | Total for the week | Spend at least 15 minutes with your friends and family on the trampoline. See if you can stay active on the trampoline for at least 5 minutes at a time, you can spread the 20 minutes over multiple days or do it all on one! |
| Week 2 | | | |
| Activity | How many or how long | How many days | Instructions |
| Trampoline | 30 mins | Total for the week | Spend at least 30 minutes with your friends and family on the trampoline. Try to stay active on the trampoline for at least 5 minutes at a time. There a variety of different activities or games you can do on the trampoline. Feel free to bring soft, bouncy balls onto the trampoline to play with. |
| Week 3 | | | |
| Activity | How many or how long | How many days | Instructions |
| Trampoline  | 45 mins | Total for the week | Spend at least 45 minutes with your friends and family on the trampoline. Try to stay active on the trampoline for at least 5 minutes at a time. There a variety of different activities or games you can do on the trampoline, including 'Simon says'! Get creative or just hop around for fun! |
| Week 4 | | | |
| Activity | How many or how long | How many days | Instructions |
| Trampoline | 60 mins | Total for the week | Spend at least 60 minutes with on the trampoline over the course of the week. Try to stay active for at least 5 minutes at a time. If you are running out of ideas for games and activities for the trampoline visit https://www.thespruce.com/kids-backyard-trampoline-games-2104676 . |