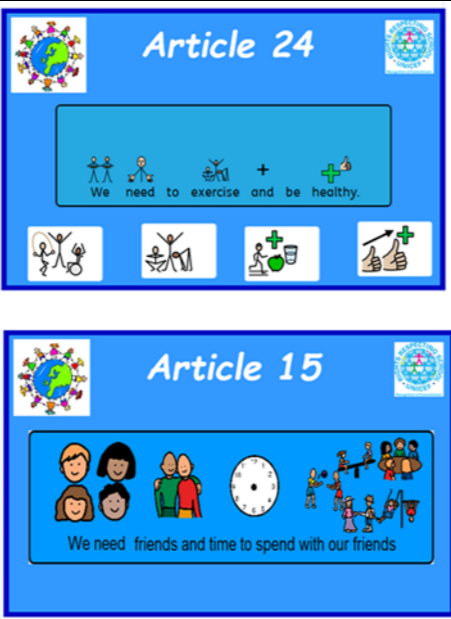

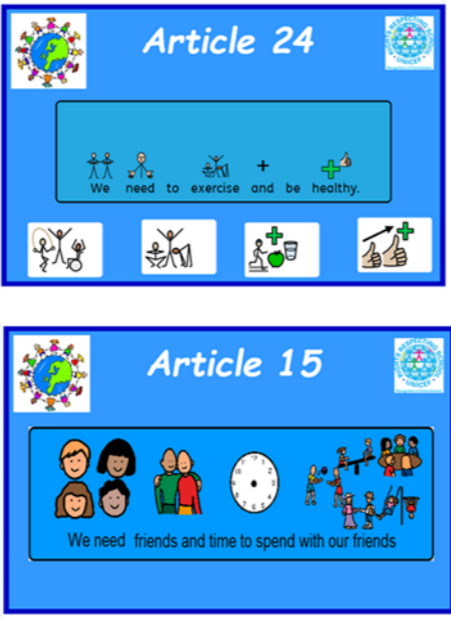
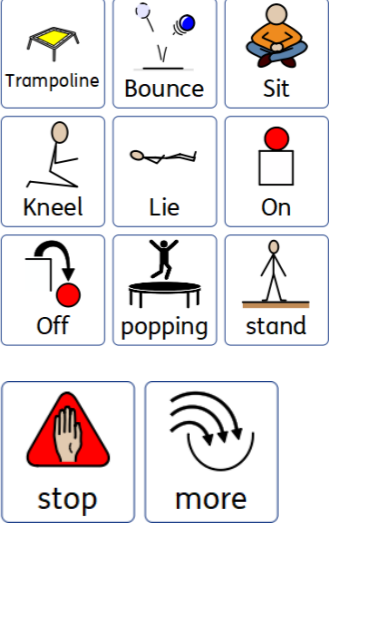

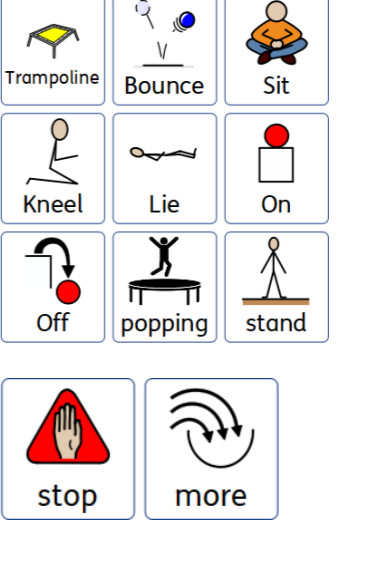






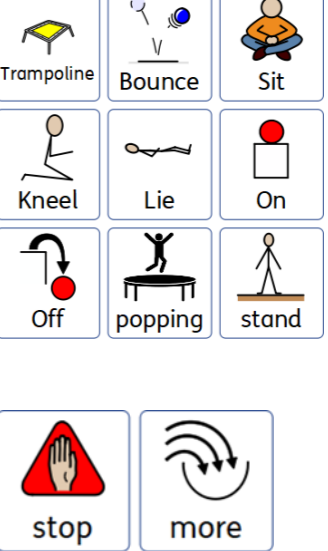


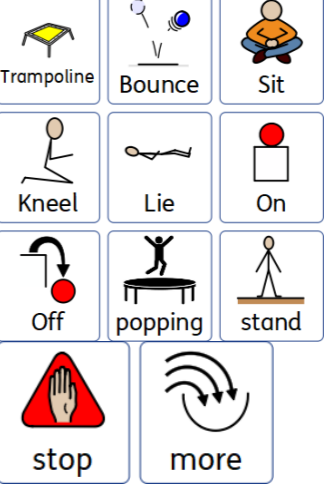







# P.E. Scheme of work








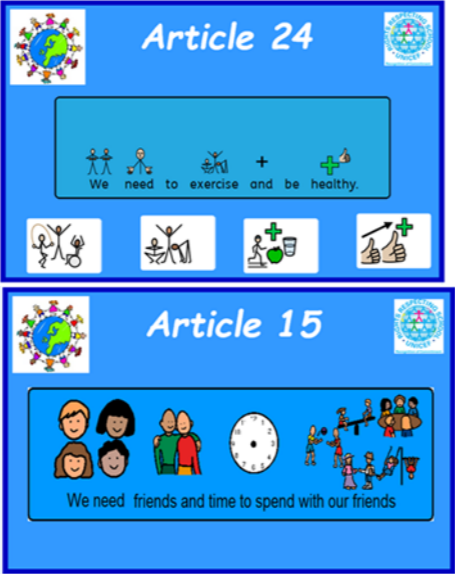
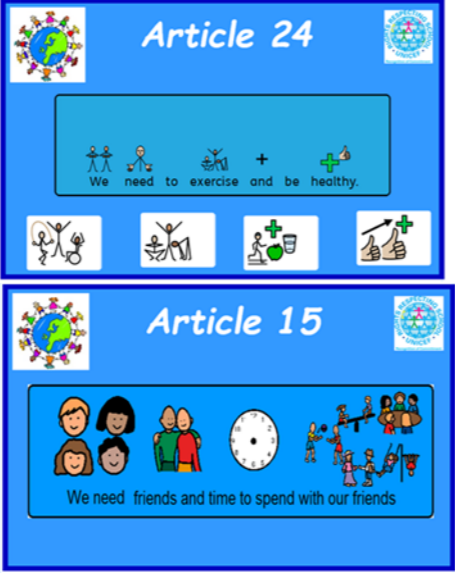
Topic Name: REBOUND THERAPY				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> <li>➤ Waiting quietly for turn on trampoline</li> <li>➤ Get on and off trampoline safely</li> <li>➤ Bouncing / being bounced in seated position</li> <li>➤ Raised to standing using 'popping' techniques</li> <li>➤ Help child to bounce standing with help</li> </ul>	<div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center;"> <span style="font-size: 1.2em; font-weight: bold;">Article 24</span> </div> <div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center; margin-top: 5px;"> <p style="font-size: 0.8em; color: white; margin: 0;">We need to exercise and be healthy.</p> </div> <div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center; margin-top: 5px;"> <span style="font-size: 1.2em; font-weight: bold;">Article 15</span> </div> <div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center; margin-top: 5px;"> <p style="font-size: 0.8em; color: white; margin: 0;">We need friends and time to spend with our friends</p> </div>	<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Introduce rules</li> <li>➤ Demonstrate correct on procedure</li> <li>➤ Child try to bounce themselves in seated position. Repeat.</li> <li>➤ 1 child at time - sit on cross and adult to bounce them</li> <li>➤ Child to jump whilst holding adult hand or adult holding child firmly</li> <li>➤ Show child correct procedure to get off trampoline</li> <li>➤ Child to get off trampoline</li> <li>➤ Take turns</li> <li>➤ Introduce timer - children to have set time with bell to sound end of their turn</li> </ul>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Trampoline         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Bounce         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Sit         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Kneel         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Lie         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  On         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Off         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  popping         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  stand         </div> </div> <div style="display: flex; flex-wrap: wrap; gap: 5px; margin-top: 10px;"> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  stop         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  more         </div> </div>	<p>Trampoline Safety ends Mats Crash mat Parachute Supports Timer</p> <hr style="border: 0.5px solid black;"/> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">RULES</p>
<ul style="list-style-type: none"> <li>➤ Waiting quietly for turn</li> <li>➤ Get on and off trampoline correctly</li> <li>➤ Bouncing / being bounced in seated position</li> <li>➤ Raised to standing from seated position using 'popping' technique</li> <li>➤ Child to bounce/jump independently</li> </ul>	<div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center;"> <span style="font-size: 1.2em; font-weight: bold;">Article 24</span> </div> <div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center; margin-top: 5px;"> <p style="font-size: 0.8em; color: white; margin: 0;">We need to exercise and be healthy.</p> </div> <div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center; margin-top: 5px;"> <span style="font-size: 1.2em; font-weight: bold;">Article 15</span> </div> <div style="border: 1px solid blue; padding: 5px; background-color: #007bff; color: white; text-align: center; margin-top: 5px;"> <p style="font-size: 0.8em; color: white; margin: 0;">We need friends and time to spend with our friends</p> </div>	<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Introduce rules</li> <li>➤ Show on and off procedure for trampoline</li> <li>➤ 1 child at time - sit on cross and child to try to bounce themselves in seated position. Repeat</li> <li>➤ Adult to bounce child</li> <li>➤ Child to sit and adult to 'pop' them to standing</li> <li>➤ Child to get off trampoline</li> <li>➤ Take turns</li> <li>➤ Introduce timer - children to have set time with bell to sound end of their turn</li> <li>➤ Allow children to bounce/jump independently</li> <li>➤ Can child/ren walk/jump around trampoline</li> </ul>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Trampoline         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Bounce         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Sit         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Kneel         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Lie         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  On         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  Off         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  popping         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  stand         </div> </div> <div style="display: flex; flex-wrap: wrap; gap: 5px; margin-top: 10px;"> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  stop         </div> <div style="border: 1px solid gray; padding: 2px; text-align: center; font-size: 0.8em;">  more         </div> </div>	<p>Trampoline Safety ends Mats Crash mat Parachute Supports Timer</p> <hr style="border: 0.5px solid black;"/> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">RULES</p>

<ul style="list-style-type: none"> <li>➤ Behaving well and waiting quietly for turn on trampoline</li> <li>➤ Get on trampoline correctly</li> <li>➤ Get off trampoline correctly</li> <li>➤ Bouncing/being bounced in seated position</li> <li>➤ Bouncing on own in sitting position</li> <li>➤ Encourage children to look at correct target whilst jumping</li> </ul>		<ul style="list-style-type: none"> <li>➤ Sit quietly on bench</li> <li>➤ Demonstrate correct on procedure</li> <li>➤ 1 child at time, get on trampoline (possibly with help)</li> <li>➤ Child sit on cross and adult to bounce them</li> <li>➤ Child to try bouncing on own</li> <li>➤ Child to try bouncing on feet with/without support</li> <li>➤ Tell children to look at target whilst jumping</li> <li>➤ Show child correct procedure to get off trampoline</li> <li>➤ Child get off trampoline (possibly with help)</li> <li>➤ Take turns</li> <li>➤ Introduce timer - allocated time with bell to sound end of their turn</li> </ul>		<p>Trampoline Safety ends Mats Crash mat Parachute Supports Timer Soft room</p> <p style="text-align: center;"><b>RULES</b></p>
<ul style="list-style-type: none"> <li>➤ Behaving well and waiting quietly for turn on trampoline</li> <li>➤ Get on trampoline correctly</li> <li>➤ Get off trampoline correctly</li> <li>➤ Bouncing/being bounced in seated position</li> <li>➤ Child to bounce/jump independently</li> <li>➤ Encourage child to look at correct target whilst jumping</li> </ul>		<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Introduce rules</li> <li>➤ Demonstrate correct on procedure</li> <li>➤ Child try to bounce themselves in seated position. Repeat.</li> <li>➤ 1 child at time - sit on cross and adult to bounce them</li> <li>➤ Child to kneel and adult to 'pop' them to standing. Repeat</li> <li>➤ Show child correct procedure to get off trampoline</li> <li>➤ Child to get off trampoline</li> <li>➤ Take turns</li> <li>➤ Introduce timer - children to have set time with bell to sound end of their turn.</li> <li>➤ Allow children to bounce/jump alone on trampoline.</li> <li>➤ See if child can walk around/jump around trampoline alone</li> <li>➤ Child to look at target when jumping</li> </ul>		<p>Trampoline Safety ends Mats Crash mat Parachute Supports Timer</p> <p style="text-align: center;"><b>RULES</b></p>
<ul style="list-style-type: none"> <li>➤ To know the rules for trampolining</li> <li>➤ Get on and off trampoline correctly</li> <li>➤ To be able to locate centre of trampoline bed ie. yellow spot</li> <li>➤ To build confidence in being able to explore the trampoline</li> <li>➤ To be able to be 'popped' by an adult</li> <li>➤ To be able to bounce to standing position independently</li> </ul>		<ul style="list-style-type: none"> <li>➤ Introduce rules</li> <li>➤ Demonstrate on and off procedure for trampoline</li> <li>➤ Children to stand around trampoline as spotters</li> <li>➤ Timer - children have set time on trampoline</li> <li>➤ 1 child at time: <ul style="list-style-type: none"> <li>- sit on cross and bounce / be bounced</li> <li>- lie on cross and bounce / be bounced</li> <li>- child to bounce/jump independently</li> <li>- child attempt a seat drop</li> <li>- child to do a 180 degree turn</li> </ul> </li> <li>➤ Take turns</li> </ul>		<p>Trampoline Safety ends Mats Crash mat Parachute Supports Timer</p> <p style="text-align: center;"><b>RULES</b></p>

<p>To become more independent in their actions</p>				
<ul style="list-style-type: none"> <li>➤ Get on and off trampoline correctly</li> <li>➤ Bouncing / being bounced in seated and kneeling position</li> <li>➤ Raised to standing using 'popping' techniques</li> <li>➤ To be able to locate centre of trampoline</li> <li>➤ To build confidence in being able to explore the trampoline</li> <li>➤ To try turning</li> <li>➤ To attempt seat drop</li> <li>➤ To share trampoline with others</li> <li>➤ To be able to STOP on command</li> </ul>	 	<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Child try to bounce themselves in seated position.</li> <li>➤ Child to kneel and 'pop' to standing.</li> <li>➤ Take turns</li> <li>➤ Allow children to explore the trampoline independently</li> <li>➤ Child to bounce on yellow spot</li> <li>➤ Child to STOP on command</li> <li>➤ Child to turn 90 degrees</li> <li>➤ Child to turn 180 degrees</li> <li>➤ Child to attempt seat drop</li> <li>➤ Child to work on trampoline with 1, 2 or 3 others</li> <li>➤ Swap places?</li> </ul>		<p>Trampoline Safety ends Mats Crash mat Parachute Supports</p> <p style="text-align: center;"><b>RULES</b></p>
<ul style="list-style-type: none"> <li>➤ Waiting quietly for turn</li> <li>➤ Get on and off trampoline correctly</li> <li>➤ Bouncing / being bounced in seated and kneeling position</li> <li>➤ Raised to standing from kneeling position using 'popping' technique</li> <li>➤ For the children to be more independent in their actions</li> <li>➤ To attempt simple moves</li> </ul>	 	<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Introduce rules</li> <li>➤ Show on and off procedure for trampoline</li> <li>➤ 1 child at time - sit on cross and child to try to bounce themselves in seated position. Repeat</li> <li>➤ Adult to bounce child</li> <li>➤ Child to kneel and adult to 'pop' them to standing</li> <li>➤ Child to sit and adult to 'pop' them to standing</li> <li>➤ Child to get off trampoline</li> <li>➤ Take turns</li> <li>➤ Introduce timer - children to have set time with bell to sound end of their turn</li> <li>➤ child to stand from knees independently</li> <li>➤ child to stand from sitting independently</li> <li>➤ child to attempt a drop-sit</li> <li>➤ child to try... star jump, tuck jump, turning and seat drop</li> </ul>		<p>Trampoline Safety ends Mats Crash mat Parachute Supports Timer</p> <p style="text-align: center;"><b>RULES</b></p>

Topic Name: REBOUND THERAPY 2				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> <li>➤ Waiting quietly for turn on trampoline</li> <li>➤ Get on and off trampoline correctly</li> <li>➤ Bouncing / being bounced in seated position</li> <li>➤ Raised to standing using 'popping' techniques</li> <li>➤ To be able to locate centre of trampoline</li> <li>➤ To build confidence in being able to explore the trampoline</li> </ul>	 	<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Introduce rules</li> <li>➤ Demonstrate correct on procedure</li> <li>➤ Child try to bounce themselves in seated position. Repeat.</li> <li>➤ Child to find cross</li> <li>➤ 1 child at time - sit on cross and adult to bounce them</li> <li>➤ Child to kneel and adult to 'pop' them to standing. Repeat</li> <li>➤ Show child correct procedure to get off trampoline</li> <li>➤ Child to get off trampoline</li> <li>➤ Take turns</li> <li>➤ Introduce timer - children to have set time with bell to sound end of their turn</li> <li>➤ Allow children to explore the trampoline independently</li> </ul>	Trampoline Bounce Sit Kneel      stop Lie          more On Off 'popping' Stand	Trampoline Safety ends Mats Crash mat Parachute Supports Timer  <p style="text-align: center;"><b>RULES</b></p>
<ul style="list-style-type: none"> <li>➤ Behaving well and waiting quietly for turn</li> <li>➤ Get off trampoline correctly</li> <li>➤ Bouncing on own in sitting position</li> <li>➤ Bouncing on own in standing position</li> <li>➤ Being able to stop bouncing</li> </ul>	 	<ul style="list-style-type: none"> <li>➤ Walk from mat to bench</li> <li>➤ Sit quietly</li> <li>➤ 1 child at time, get on trampoline (possibly with help)</li> <li>➤ Child to try bouncing on own</li> <li>➤ Child to try bouncing on feet with/without support</li> <li>➤ Show child correct procedure to get off trampoline</li> <li>➤ Child get off trampoline (possibly with help)</li> <li>➤ Take turns</li> <li>➤ Child to bounce independently (or with help)</li> <li>➤ Child to STOP on command</li> </ul>	Trampoline Bounce Sit Kneel      more Lie On Off stop	Trampoline Safety ends Mats Crash mat Parachute Supports Timer  <p style="text-align: center;"><b>RULES</b></p>
<ul style="list-style-type: none"> <li>➤ Behaving well and waiting quietly for turn on trampoline</li> <li>➤ Get on trampoline correctly</li> <li>➤ Get off trampoline correctly</li> <li>➤ Bouncing/being bounced in seated position</li> <li>➤ Child to be 'popped' from sitting to standing</li> <li>➤ Child to bounce independently</li> <li>➤ Child to STOP on command</li> <li>➤ Bouncing/walking in pairs</li> </ul>		<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Demonstrate correct on procedure</li> <li>➤ Child try to bounce themselves in seated position.</li> <li>➤ Child to kneel and adult to 'pop' them to standing.</li> <li>➤ Show child correct procedure to get off trampoline</li> <li>➤ Child to get off trampoline (poss with help)</li> <li>➤ Take turns</li> <li>➤ Child to bounce independently</li> <li>➤ Child to STOP on command</li> <li>➤ Child/ren to bounce and walk in pairs or 4's</li> <li>➤ Children to swap places on trampoline</li> </ul>	Trampoline Bounce Sit Kneel Lie          more On Off Hold 'popping' Stand stop	Trampoline Safety ends Mats Crash mat Parachute Supports  <p style="text-align: center;"><b>RULES</b></p>

				
<ul style="list-style-type: none"> <li>➤ Waiting quietly for turn</li> <li>➤ Get on and off trampoline correctly</li> <li>➤ Bouncing / being bounced in seated position</li> <li>➤ Raise to standing from seated position using 'popping' technique</li> <li>➤ For the children to be more independent in their actions</li> <li>➤ Child to be able to STOP on command</li> <li>➤ Child to attempt a seat drop</li> <li>➤ Child to be able to work on trampoline with 1, 2 or 3 others</li> </ul>	 	<ul style="list-style-type: none"> <li>➤ Children sit on bench quietly</li> <li>➤ Show on and off procedure for trampoline</li> <li>➤ 1 child at time - sit on cross and child to try to bounce themselves in seated position.</li> <li>➤ Child to sit and adult to 'pop' them to standing</li> <li>➤ Child/ren to work on trampoline independently</li> <li>➤ Take turns</li> <li>➤ child to stand from sitting independently</li> <li>➤ child to attempt a seat drop, star jump and tuck jump</li> </ul>	<p>Trampoline</p> <p>Bounce      stop</p> <p>Sit            stand</p> <p>Kneel</p> <p>popping</p> <p>Lie            more</p> <p>On            off</p>	<p>Trampoline</p> <p>Safety ends</p> <p>Mats</p> <p>Crash mat</p> <p>Parachute</p> <p>Supports</p>
<ul style="list-style-type: none"> <li>➤ To know the rules for trampolining</li> <li>➤ Get on and off trampoline correctly</li> <li>➤ To build confidence in being able to explore the trampoline</li> <li>➤ To be able to be 'popped' by an adult</li> <li>➤ To be able to bounce to standing position independently</li> <li>➤ To become more independent in their actions</li> <li>➤ To be able to attempt a selection of movements on the trampoline</li> <li>➤ To be able to complete a simple sequence of movements on the trampoline</li> </ul>	 	<ul style="list-style-type: none"> <li>➤ Introduce rules</li> <li>➤ Demonstrate on and off procedure for trampoline</li> <li>➤ Children to stand around trampoline as spotters</li> <li>➤ Timer - children have set time on trampoline</li> <li>➤ 1 child at time: <ul style="list-style-type: none"> <li>- adult to 'pop' child from sitting</li> <li>- child raise to standing from kneeling/sitting independently (windmill arms)</li> <li>- Child to 'stop' on command</li> </ul> </li> <li>- child to attempt a seat drop</li> <li>- child to attempt turning (180 degrees)</li> <li>- child to do star jump &amp; tuck jump</li> <li>➤ Child to complete a simple sequence of moves</li> </ul>	<p>Trampoline      stop</p> <p>Bounced            hold</p> <p>windmills</p> <p>Sit</p> <p>Kneel</p> <p>more</p> <p>Lie</p> <p>stand</p> <p>On</p> <p>Off</p> <p>'popping'</p>	<p>Trampoline</p> <p>Safety ends</p> <p>Mats</p> <p>Crash mat</p> <p>Parachute</p> <p>Supports</p> <p>Timer</p>
<b>RULES</b>				
<b>RULES</b>				

<ul style="list-style-type: none"> <li>➤ To know the rules for trampolining</li> <li>➤ Get on and off trampoline correctly</li> <li>➤ To build confidence in being able to explore the trampoline</li> <li>➤ To be able to be 'popped' by an adult</li> <li>➤ To be able to bounce to standing position independently from knees</li> <li>➤ To become more independent in their actions</li> <li>➤ To be able to STOP on command</li> <li>➤ To be able to work on trampoline with 1,2 or 3 others</li> <li>➤ To improve actions on trampoline</li> </ul>		<ul style="list-style-type: none"> <li>➤ Children to stand around trampoline as spotters</li> <li>➤ 1 child at time: <ul style="list-style-type: none"> <li>- kneel on cross and bounce</li> <li>- adult to 'pop' child from sitting</li> <li>- child raise to standing from knees independently (windmill arms)</li> <li>- child to raise to standing from sitting/kneeling independently (windmill arms)</li> <li>- child to attempt a seat drop</li> <li>- child to do a 180 degrees turn</li> <li>- child to do different moves (star,tuck jump etc)</li> <li>- Child to STOP on command</li> <li>- Child to work with 1, 2 or 3 others on trampoline</li> </ul> </li> </ul>	Trampoline stop Bounced windmills Sit hold Kneel more Lie stand On Off 'popping'	Trampoline Safety ends Mats Crash mat Parachute Supports  <p style="text-align: center;"><b>RULES</b></p>
<ul style="list-style-type: none"> <li>➤ To know the rules for trampolining</li> <li>➤ To be able to be 'popped' by an adult</li> <li>➤ To be able to bounce to standing position independently from knees</li> <li>➤ To become more independent in their actions</li> <li>➤ To be able to STOP on command</li> <li>➤ To be able to work on trampoline with 1,2 or 3 others</li> <li>➤ To consolidate moves on the trampoline</li> </ul>		<ul style="list-style-type: none"> <li>➤ Children to stand around trampoline as spotters</li> <li>➤ 1 child at time: <ul style="list-style-type: none"> <li>- kneel on cross and bounce</li> <li>- adult to 'pop' child from sitting</li> <li>- child raise to standing from knees independently (windmill arms)</li> <li>- child to attempt a seat drop</li> <li>- child to do a 180 degrees turn</li> <li>- Child to STOP on command</li> <li>- Child to work with 1, 2 or 3 others on trampoline</li> <li>- Star jump</li> <li>- Tuck jump</li> <li>- Pin jump</li> </ul> </li> <li>➤ Child to complete a simple sequence of actions</li> </ul>	Trampoline stop Bounced windmills Sit hold kneel more clock stand On Off 'popping'	Trampoline Safety ends Mats Crash mat Parachute Supports  <p style="text-align: center;"><b>RULES</b></p>