

TRAMPOLINE JUMP & TOSS

YOU WILL NEED...



-MINI TRAMPOLINE

-BEAN BAGS

ONE PARTNER JUMPS ON THE TRAMPOLINE WITH FEET MODERATELY APART AND TOSSES A BEAN BAG BACK AND FORTH WITH STANDING PARTNER.



BALANCE AND CONTROL



SPELL ONE OF THE WEEKLY SPELLING WORDS, HIGH FREQUENCY WORDS OR COUNT BY 2'S, 3'S, 5'S, 10'S, ODD OR EVEN NUMBERS, ECT.

BALANCE IMPROVES READING CAPACITY. ACTIVITIES LIKE ROLLING, JUMPING, AND SPINNING STIMULATE INNER EAR MOTION.



BRAIN LINK