

SEN BOUNCE – THEORY

DEFINITION

Sen Bounce is a PE and movement activity that takes place on a trampoline. It is suitable for PLMD, SLD, ASC and MSI students ranging from abilities from level 1 to level 5. The ability level ranges from a bouncer needing support on the trampoline with hands on approach to a bouncer capable of performing a backdrop independently.

The SEN Bounce coach will implement, lead and teach students as a group activity or as an individual lesson.

New bouncers can only attempt and perform a technique that the SEN Bounce coach has taught you.

PROPULSION/EFFORT

- Coach to push down on the trampoline bed from the sides.
- Coach pushes the trampoline bed from underneath the trampoline using their arms or legs.
- Coach stands on the trampoline with the student offering physical support/contact with the student and helps providing the bounce.
- Coach stands on the trampoline bed offering NO physical support/contact but helps to provide the bounce.
- Student is on the trampoline alone, using the windmill arm action to provide the bounce and lift.
- Sustaining effort, repetitions, linking actions and routines.

DIRECT PHYSIO/STRETCHING

There are various ways in which of stretching or manipulating student's bodies:

- Legs - hamstrings – lift leg up and against the coaches' shoulder or legs flat (underneath coach) and lean students' body forward.
- Legs – cycling/pushing action.
- Legs – calf muscles – feet manipulated back towards student.
- Extend/straighten arms, elbows, wrist, fallen hands.
- Shoulders – sit on trampoline facing each other, coach pulls students arms towards him to give students a shoulder stretch.
- Stomach – forward and backwards motion will work the stomach.

These stretches are usually done whilst in the supported sitting position, but other positions lend themselves equally well e.g., sitting, high kneeling.

POSITIONS TO AVOID/LIMITED USE

- Kneeling – only use kneeling positions for two positions demonstrated and taught by the SEN Bounce coach. Only in short bursts and use padded underneath the knees. Do not use if position, encourage them to move into a long sitting position instead.
- Legs falling into a "W" position.
- Cross legged – encourage student to move into a long sitting position.
- No knee drops at any time.

CONSENT/ADVICE

Parental consent for each bouncer must be gained prior to using the trampoline. Other consent and advice should be sought from; physiotherapist and or a Doctor.