



Unlock the Power

5 Benefits of Trampoline Coaching

NDIS 1:1 lessons

Edition 1

WWW.JUMMPS.COM.AU





**Together, we can achieve
your child's goals.**

Introduction

Jummps NDIS 1:1 Lessons

Discover how Jummps Trampoline Park's individually tailored NDIS coaching program can transform your child's capacity building skills and much more in an innovative way.

Classes are generally 60 minutes in duration, led by our amazing and experienced coaches. Carers and Therapists attend for free.



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Enhancing Social & Communication Skills

Enhancing social and communication skills is a crucial part of each individual's personal growth & development. This chapter delves into how trampoline coaching at Jummps can significantly improve your child's ability to interact with others, build relationships, respond to social cues and develop essential age appropriate social behaviors in a community environment. Fun, safe and encouraging training allows a strong bond with each child's coach, allowing them to experience and engage in their surroundings at a pace that is comfortable and supportive.

ONE ON ONE COACHING

Personalised coaching sessions focus on individual social skill development. Coaches provide tailored guidance to help children navigate social situations, understand appropriate behaviours, and develop self-confidence. These sessions are crucial for building strong social foundations.

GROUP CLASSES

Depending on your child and their goals, we may aim to progress them towards joining a group class. Participating in a group encourages teamwork and cooperation. Children learn to work together to achieve common goals, fostering a sense of camaraderie and mutual support. These experiences are invaluable in teaching the importance of collaboration and empathy.



Social interaction is a vital part of our children's development and well-being.

Boosting Physical Fitness and Development

Physical fitness is fundamental to the overall health and well-being of children, especially those with physical and intellectual impairments. Jumping and gymnastics movements can be a great way to build skills, enhance muscle tone and body awareness (proprioception). Through engaging and enjoyable activities, children develop a love for exercise.

CARDIOVASCULAR HEALTH

Trampolining is an excellent cardiovascular workout, helping to improve heart health and endurance. Regular sessions increase stamina, strengthen the heart, and boost overall energy levels, making physical activity a joyful part of daily life.

STRENGTH & AGILITY

The varied movements involved in trampolining build muscle strength and improve agility. Children develop stronger core muscles, better coordination, and enhanced balance. These benefits translate to better performance in other physical activities and everyday tasks.

FLEXIBILITY & MOTOR SKILLS

Trampolining promotes flexibility and enhances fine and gross motor skills. As children jump, twist, and turn, they enhance their range of motion and improve their ability to control their bodies. This development is crucial for overall physical dexterity and confidence in movement.



"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

- John F. Kennedy

Developing Essential Life Skills

Developing essential life skills is crucial for the overall growth and independence of children. This chapter delves into how trampoline coaching at Jummps helps children acquire valuable skills such as goal-setting, problem-solving, and self-discipline. Through structured activities and personalised coaching, children learn to navigate challenges, build resilience, and develop a proactive approach to life's tasks. Our program is designed to foster a supportive environment where children can thrive and grow.

GOAL-SETTING

Our coaches encourage children to achieve personal goals. All goals are unique and will be directed by your child's NDIS plan. The feeling of progress and success is what we strive for.

PROBLEM-SOLVING

Engaging in trampoline activities requires quick thinking and adaptability. Children face various challenges that require creative problem-solving and decision-making skills. These experiences help them develop the ability to think on their feet and approach obstacles with confidence.

INDEPENDENCE

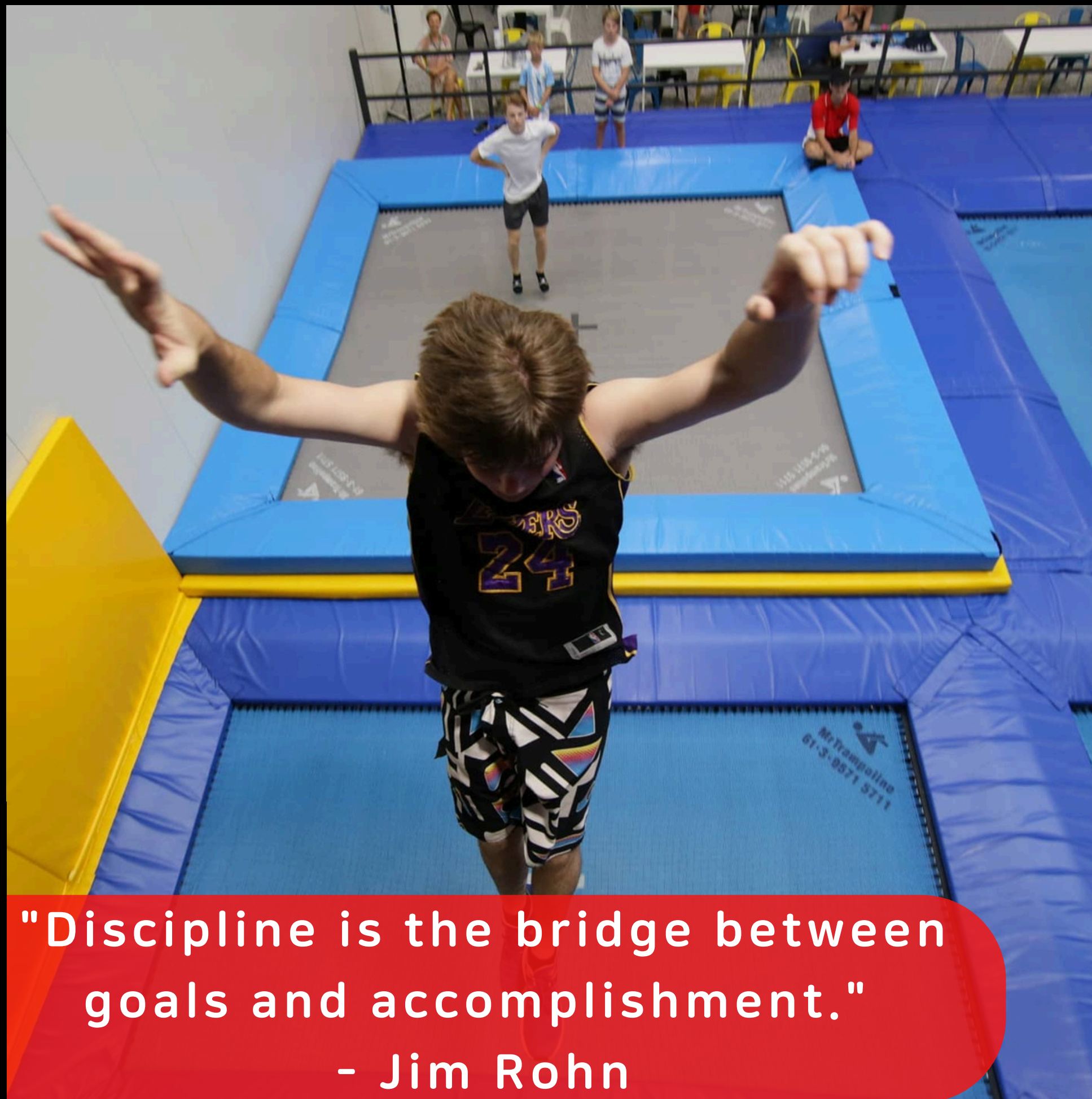
Regular trampoline sessions help with a child's independence in various ways. From being able to overcome anxious situations by communicating, to simply doing repetitive tasks and being able to name their feelings.



"Life skills are the fundamental building blocks that prepare us for the future."

Promoting Structure and Routine

Structure and routine are vital components of personal development and success. This chapter explores how trampoline coaching at Jummps promotes discipline and the establishment of a healthy routine. By participating in regular sessions, children learn the importance of consistency, responsibility, and time management. Our structured program helps children develop habits that lead to long-term success and well-being.



"Discipline is the bridge between goals and accomplishment."

- Jim Rohn

CONSISTENT SCHEDULING

Regular trampoline sessions provide a structured schedule that helps children develop a sense of routine. Consistency in attending sessions reinforces the importance of commitment and helps children understand the value of regular practice.

RESPONSIBILITY AND ACCOUNTABILITY

Trampoline coaching teaches children to take responsibility for their progress and behaviour. Coaches encourage children and hold them accountable for their actions, fostering a sense of ownership and responsibility.

TIME MANAGEMENT

Engaging in trampoline activities helps children learn to manage their time effectively. Balancing practice sessions with other commitments teaches children to prioritize tasks and use their time wisely, a crucial skill for academic and personal success.

Experiencing New Environments

Experiencing new environments is essential for personal growth and development, particularly for NDIS participants. This chapter highlights how sessions at Jummps introduces children to a unique and stimulating environment that encourages exploration and adaptability. By participating in activities outside their usual settings, children gain confidence, resilience, and a broader perspective. Our program ensures that each child feels safe and supported as they navigate new experiences.

EXPLORATION & ADAPTABILITY

Trampolining in a new environment encourages children to step out of their comfort zones and embrace change. This exploration fosters adaptability and helps children develop a flexible mindset, preparing them for various life situations.

BUILDING CONFIDENCE

Trying new activities in a trampoline park boosts children's confidence. Successfully navigating the challenges of a new environment enhances their self-esteem and belief in their abilities, empowering them to take on new challenges with courage.

BROADER PERSPECTIVES

Exposure to different settings and experiences broadens children's perspectives. Engaging with peers in a diverse environment helps children understand and appreciate different viewpoints, fostering empathy and social awareness.



**"Change is the end result of all true learning."
- Leo Buscaglia**

One, two Jummps forward,
to improve each individuals
best results in daily life!

Ready to see the amazing benefits of
1:1 coached sessions for your child?

Take the next step towards helping your
child achieve their goals in a fun and
supportive environment.

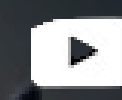
Jummps is an unregistered provider for
NDIS services. As each plan is as unique
as your child, please complete the
enquiry form below and we will get in
contact shortly to provide you
information about the best suited
services, pricing and availability
specifically for you.

Contact our team..

COMPLETE NDIS ENQUIRY FORM AT
[HTTPS://WWW.JUMMPS.COM.AU/DISABILITY-SERVICES/](https://www.jummps.com.au/disability-services/)

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