

Games for the Tramp

One person activities

- Tramp maths – print out some numbers on paper and hold up two numbers and get your child to add the numbers up and jump that many times or write numbers on the tramp using chalk and ask them to add up different numbers and bounce the total.
 - Practice your time tables on the tramp eg $3 \times 5 = 15$ jumps
- Write letters on the tramp using chalk (it comes off in the rain) and do your spelling homework by jumping from letter to letter.
- Touch Ball - Place a good number of balls on the trampoline. Any size will do, the weight and size variation of balls makes this game more fun. Players jump around and try not to get hit with a ball. You can also use balloons or small pompoms. (Pompoms are the safest). Or just use one ball – air filled balls e.g. beach ball work well

Two people activities

- Bounce War - One person shouts “one, two, three, four, I declare a butt bounce war. Everyone must do as many consecutive seat drops as they can. The person who does the most bounces on their butts, without using hands is the winner.
- Cracked Egg – one person is the egg; they sit in the middle of the tramp with their knees to their chest and their arms wrapped around their knees in an egg shape. The others bounce around and try to crack the egg, this happens when the Egg lets go of his legs. Swap eggs.
- Do As I Do – pick a leader. The other person must copy the leader’s movements in the air while jumping together, keeping their bounces together. Swap turns.
- Just add music and have a dance tramp party
- Hopscotch – using sidewalk chalk, draw a hopscotch board on the trampoline surface and take turns jumping across.
- Obstacle course – set up a course in your yard that ends at the trampoline and have them jump a specified number of bounces or bounce for a length of time to finish.
- Simon Says – just like regular Simon Says, but with extra bounce.
- Memory – taking turns, one person does a “trick” in the centre of the jumping surface. The second person then does the first trick and adds one of their own and this continues until someone forgets a trick or gets them out of order.

