

Outcomes:**Social & Emotional Objectives**

- Turn-taking: Wait patiently for a turn on popular trampolines and equipment.
- Co-operation: Share the bouncing zones safely and politely with peers and the public.
- Self-regulation: Manage personal excitement, energy levels, and sensory input in a loud environment.

Physical & Health Objectives

- Gross motor skills: Enhance balance, core strength, and spatial awareness through jumping.

Community & Life Skills

- Public behavior: Represent the school positively by following instructions from the staff and venue staff.



Today for our class trip we went to Extreme360 trampoline park.

we had the most amazing time together. We absolutely loved leaping high into the air and crashing down into the massive, soft foam pits. It was so much fun sparring against each other on the battle beam to see who would splash into the foam first. We also played an awesome game of dodgeball where we were all bouncing around, laughing, and throwing balls at each other. It was the best day ever because we got to burn tons of energy and have non-stop fun as a team.

Quotes:

Can we come here again

I want to throw you in the foam pit

I want a rematch

