



JUMP Trampoline Parks | Teacher Pack

Incorporate a fun, energy-building exercise into your lesson plan, or treat your students after a hard-working term with a JUMP activity!

JUMPing challenges both active and not-so-active kids to have a go! The students will be getting a low impact, high-cardio workout without even knowing it. JUMP activities include and integrate with these NZ Curriculum key competencies:

What we offer:

- \$11.00 rate per person including teachers/adults.
- JUMP grip socks on first visit, must be brought back for subsequent visits.

Benefits:

It's great exercise! Exercise can help kids feel more alert, improve concentration, and promote happiness as endorphins are released.

Meets the following Key Competencies:

- Managing self: Students will learn how to establish goals and work independently to achieve these goals in a JUMP session
- Relating to others: Students are required to work together and learn when it is appropriate to cooperate and when it is appropriate to compete.
- Participating and contributing: JUMPers will participate in a learning community, working together to foster an understanding of safety as well as helping other JUMPers work towards their personal goals.

Contact us:

To discuss the options for your day primary, intermediate or high school :

- Have a look at our website
<https://www.jumpwithus.co.nz/groups/jump-schools/>
- Send us an email groups@jumpwithus.co.nz
- Give us a call on (09) 600 5397

RAMS FORM (Risk Assessment Management)

ANALYSIS		DESCRIPTION		
RISKS ACCIDENT, INJURY, OTHER FORMS OF LOSS		Minor	Moderate	Environment
		<ul style="list-style-type: none"> Trampoline Burn Bruises Exhaustion 	<ul style="list-style-type: none"> Dislocation Sprains Strains Broken Bones 	Neck & Back injuries
DANGERS HAZARDS, PERILS		People	Equipment	Environment
		<ul style="list-style-type: none"> JUMPer not following rules. Other customers not following rules. JUMPer over exerting themselves. Poor staff/customer communication 	<ul style="list-style-type: none"> Lack of maintenance/Equipment failure. Inappropriate clothing/footwear. Dirty trampolines. 	<ul style="list-style-type: none"> Heat Noise
RISK MANAGEMENT STRATEGIES	NORMAL OPERATION	<ul style="list-style-type: none"> Staff given full training and knowledge of park. Staff are first aid trained. All JUMPers are given a clear and thorough safety briefing prior to JUMPing Staff monitoring JUMPers always. Safety rules on signs around park 	<ul style="list-style-type: none"> Conduct regular maintenance checks, daily checks as well as visual checks throughout the day. All JUMPers are provided with and must wear JUMP socks. JUMPers are recommended to wear light sports clothes. All trampolines are cleaned regularly. 	<ul style="list-style-type: none"> Music and sound system are accessible to staff and can be adjusted as needed. Air Condition vents scattered around the park. Doors for ventilation on hot days or as required.
	EMERGENCY	JUMP crew procedure <ol style="list-style-type: none"> Assess and contain situation. Carry out any vital life support if appropriate, carry out any First Aid if required. Look after JUMPers and carry out any other major responsibilities. Support and monitor JUMPer as best as possible, further First Aid if necessary, evacuation if needed (this is up to manager), close surrounding trampolines. If no evacuation – move injured/harmed JUMPer in most appropriate way (this may include calling emergency services). Debrief/follow up as appropriate. Ensure equipment is cleaned and marked unsafe as necessary. Ensure all paperwork is filled out as necessary. 		

The wider benefits of physical activities in schools

In an era of ever-increasing concern about the health and well-being of children – and of how lack of exercise and poor diet can have consequences extending throughout a person's life – it is little wonder that health and physical education is a major focus of the New Zealand Curriculum for schools.

And an integral part of encouraging children to be more active is through School Sports Excursions and In-School Visits – activities that, in turn, impact upon students' own well-being and the well-being of others.

For example, according to the Ministry of Education, health and physical education is underpinned by four guiding concepts:

- **Hauora** – the Māori philosophy of interconnected health (including mental, emotional and physical well-being)
- **Attitudes and values** – including respect, care, and concern for personal well-being, that of others and of the environment, and a sense of social justice
- **A socio-ecological perspective** – viewing and understanding interrelationships between self, others, and society.
- **Health promotion** – developing and maintaining supportive physical and emotional environments, and involvement in personal and collective action

Both school sports trips (say, involvement in inter-school competitions) and in-school visits (such as timetabled sports activities run by outside providers) address these curriculum concepts – for example, by providing challenges that allow students to develop the resilience and sense of personal and social responsibility so important for their later lives.



Yet while sport and exercise has traditionally been promoted mainly as improving young people's physical health, recent research is increasingly indicating that it has a positive impact on students' wider academic performance and social behaviour.

Indeed, such evidence suggests that well-delivered sports and activities programmes can bolster valuable character traits, boost self-esteem, foster teamwork and leadership skills, relieve stress and promote healthy lifestyle habits.

Other valuable skills acquired through sports include time management, increased focus and concentration, learning to handle pressure and assessing when to take risks.

An industry perspective

Here, qualified teacher Joy Laurie, operations manager of indoor trampoline park JUMP, addresses questions on sport and physical education in schools.

In your opinion, what are the biggest concerns/issues within sport & recreation in schools?

Students not getting the appropriate opportunities to learn in, through and about movement; for example, schools outsourcing programmes that are not curriculum-related, thereby

hindering their overall learning experiences.

In addition, students not getting equal opportunity: the 'sporty' kids getting valued over the 'not so sporty'. Some teachers/coaches are not catering/adapting their pedagogical practice to benefit all abilities, which then leads to students dropping out of sport, exercise or physical education at a young age.

How does sport & recreation benefit students?

Sport & recreation provides all students of different races, religion and cultures with the opportunity to come together and work as a team. It allows students the opportunity to experience leadership skills; develop fine motor skills; promotes active lifestyles, e.g., walking to school rather than driving (being active is an important aspect of 'being healthy'; and, provides the opportunity to learn about the physical environments (potentially contributing to later protecting the environment).

Sport & recreation or physical education teaches students to be healthy, lifelong learners.

Students are able to learn about all dimensions of their wellbeing through participating in sport – it is not just about the physical needs but also mental, emotional and

spiritual. In a sense, it broadens their horizon.

Games with rules could enable students to be better contributing citizens to society as they are used to sticking to a set of rules and understand the consequences of breaking these rules. It also binds communities and families through shared experiences – and keeps students away from sitting in front of a screen!

Are there particular considerations sports teachers should take into account, or tips/advice about encouraging students to take part?

I think teachers need to be encouraged to look beyond just the 'sporty' and 'abled' students in the classroom and start adapting their pedagogical style to meet not only the less able students but the different cultures and genders that make up an entire class. It is so easy for young children to have one bad experience that they will draw upon throughout the entirety of their life. This one bad experience could determine whether they choose to take part in sport and recreation or miss out altogether.

Always reflect and be open to change! Reflect on your activities, reflect on your students' abilities, reflect on their physical environment, reflect on your teaching practices and think to yourself, 'Am I catering to everyone

Supplier Profile | Jump

Learning has never been so much fun

JUMP is a unique environment for kids of all ages to have fun, challenge themselves and get physically active into the bargain.

Whether you want to treat your staff or students after a hard-working term, incorporate this energy burning exercise into your physical education programme or run a unique, all-weather, all-ages fundraiser – we have so much to offer at JUMP.

We pride ourselves on being the only safety certified indoor trampoline park company in New Zealand. The only company that is a member of the International Association of Trampoline Parks (IATP) and independently audited annually by representatives of the IATP and the Australian Trampoline Parks Association (ATPA).

The IATP requires all member trampoline parks to adhere to ASTM International F2970-15 – the Standard Practice for

Design, Manufacture, Installation, Operation, Maintenance, Inspection and Major Modification of Trampoline Courts.

All parks have a 3-minute customer education video running at reception, a live safety briefing for participants before every session and first aid-trained JUMP staff supervising every session.

JUMP has three parks in Auckland and one in Hamilton. General admission grants access to all the park facilities which includes thousands of square metres of trampolines, foam pits, dodgeball courts, performance trampolines and slam-dunk basketball hoops.

Each of our parks also has something unique to offer. There is a balance beam, parkour course and "the sticks" at Avondale and volleyball at our Hamilton park. North Shore has a Ninja course for both children and adults, it is the only facility that requires an additional \$5 fee.



We have just launched fun and challenging team building activity packages at JUMP that anyone can join in. We have options for teams of all ages and sizes, for both teachers and students. Choose from physically or mentally challenging activities – or do both!

JUMP has special rates for schools

and students and being indoors, we're open in all weather. Visit our website to browse the options under "Groups": www.jumpwithus.co.nz

To book, fill in the booking request form on the appropriate page on our website. For more details call (09) 600 5397 or send an email to groups@jumpwithus.co.nz

EXERCISE IN DISGUISE



SO MUCH FUN YOUR STUDENTS WON'T BELIEVE IT'S A LESSON!

JUMPing challenges your active kids and encourages the not-so-active kids to enjoy physical activity. This is what some of our schools say:

"Really good involvement from your staff, very interactive with the kids"

"JUMP was a really safe environment for them to try and extend themselves"

"Was a fantastic term at jump, staff and students loved it"

Book our special rates for school groups:

jumpwithus.co.nz/groups/jump-schools

**NEW ZEALAND'S
PREMIER INDOOR
TRAMPOLINE PARK**



- ✚ FIRST AID TRAINED STAFF
- 👤 CUSTOMER SUPERVISION
- ✓ SAFETY CERTIFIED & AUDITED



www.jumpwithus.co.nz

0800 JUMP WITH US / (09) 600 5397