

## REWARDS TRIPS!

House reward days or simple school trips out couldn't be easier with Jump Rush. With the full run of the park, pupils are free to use the whole of the Jump Rush facilities. You can book up to 140 pupils for an hour of jumping to give them a great day out that they'll never forget. At just £6 per pupil it works out at great value for money too. Contact us to learn more about prices and availability.

£6 per pupil

Contact us to find out more about our exciting and fun packed educational provision packages and what we can do for you.



/jumprushmorecambe/

Please contact [meridon@jump-rush.com](mailto:meridon@jump-rush.com) if you would prefer to email us.

You can call us on 01524 587 100

# JUMP RUSH



## Learning through Physical Play

### Educational Provision Packages Courses for:

Primary (5-11)

Secondary (11-18)

Alternative  
Provision (5-18)

"You can discover more about a person through an hour of play than in a year of conversation."

- Plato





## USE OUR SKILLS AND FACILITIES TO HELP YOUR STUDENTS LEARN THROUGH PHYSICAL PLAY

With packages across a wide spread of key stages, abilities and ages, we have carefully adapted our courses to give an opportunity to learn for every child. From one-off events for a specific curriculum, to team-building days, to alternative provision courses, we have the experience and flexibility to adapt to your pupils' needs.

Here at Jump Rush trampoline park we are an experienced physical activity centre, approved by the International Association of Trampoline Parks, with experience and training in working with children.

We have a number of exceptional staff, who have experience in supervising and inspiring children of all ages and abilities within our facilities, including fully qualified fitness instructors. We aim to teach children new skills using the power of physical play for character development, focus and integrity, leadership, communication and physical skills.

Health and safety is a primary consideration, with all activities risk-assessed and method statements provided make the organisation of trips easier.



- Fully-qualified staff experienced in working with children
- Full risk assessments, method statements and insurance
- Packages designed across key stages and for all abilities
- Personal development and learning through the power of physical play



## ON-SITE FACILITIES

Our on-site facilities include a 100-bed trampoline park, with various specialist zones, including an assault course, reaction walls, dodgeball and airbag jump. We also have a large seated area, ideal for classroom-based activities, along with an on-site café, toilets and first-aid room/quiet room; all of which will all be shown to you in your safety induction upon arrival.





## Short, interactive activity sessions

We understand that young children enjoy and benefit significantly from interactive and short sessions – with lower attention thresholds a given! Therefore we have created a package that works on a rotational basis\* with timed combinations of learning/doing activities that will keep the children engaged throughout.

## Well-timed and organised sessions

The package covers a number of key stage and curriculum areas, including; biology, physical activity, physics, history and art.

The day's session runs from 10am - 1.30pm to fit in perfectly with school hours and the price for the day is £12 per child.

Everyone will be given a safety induction at the start of the day and the activities are split with a designated lunch break\*\* and our own bouncy version of "bobby apple" (!) break in the morning.

\*rotation formation is decided depending on numbers in groups of 8. Minimum of 8 children required for primary school packages or surcharge will be added.

## THE PRIMARY PACKAGE

10AM - 1.30PM

£12 PER CHILD

### Welcome and Health and Safety Induction

On arrival, we will make sure that all of the children receive a warm and friendly welcome to the park and an introduction to their team for the day. The children will also receive a health and safety induction in preparation for their day at Jump Rush. (15 mins)

### Trampolining Through History

It has been said that the first type of trampolining was done by the Eskimos, who used to toss each other up into the air on a Walrus skin! Trampolining has played a surprisingly important role at key points throughout history, including soldier training in World War Two and entertainment in circuses and travelling shows. This will be a very interactive session with the children having the chance to dress up and use props to engage their learning. (20 mins)







## What happens to your bouncing body!

This activity will show the children the different impacts that trampolining has on the body. They will learn a little bit about astronauts, zero gravity and why we get that "sinking feeling" when going over a dip, along with how our bodies develop through physical trampolining exercise. This activity will give the children their first opportunity to have a little bounce! (20 mins)

## Bouncy Bobby Apple Break

At this point, the children will take a 15-minute break for comfort stops and a quick drink and snack. To earn their apple snack they have to try and bounce while keeping the apple on their head. We're not sure if this will happen but it's a fun way to eat your snack! (15 mins)

## Team Park Challenge

Your children will be split into groups for this team challenge, where they have to work to complete the trampoline zones faster than the other teams in groups of "spies". For each challenge they will receive a number to crack the code and take it to the food counter to win their lunch! (30 mins)

## Trampolining at the Olympics

This is an art and crafts-led session, where the children will first learn about famous Olympian trampolinists and the amazing things that they can do with their bodies. Then they will make their own trampoline gymnast with moveable arms and legs to take home as a keepsake from the day. (30 mins)

## Treasure Hunt

The last activity of the day will be a treasure hunt where the children will have to answer questions on what they have learned during the day in order to find the next clue for the treasure, with each child receiving a goodie bag at the end. (20 mins)

## Trampolining Free Play

This will most likely be the favourite part of the day for the children! They get a 30-minute session of jumping around the trampoline park, all under the watchful eyes of our trampoline monitors. (30 mins)

## Lunch

We can provide a packed lunch box at a cost of £4 per child (special dietary requirements can be catered for). If you would prefer for the children to bring their own packed lunch then we can cater for this also. Cost of lunch on site is £4 per child (30 mins)





## Secondary School Packages

Our secondary school provision is split as follows:

- Team-building days
- 1-day and 6-week courses
- Specialist subject 1-day events

We also offer discounted  
group bookings for our  
standard sessions, from just  
£6 per pupil!



## TEAM-BUILDING DAYS

Working within the excellent facilities of the park, the pupils will have the chance to learn about themselves and others. They will undertake various team activities that will develop and enhance their communication ability, self-awareness, confidence, leadership skills and ability to work as a team.

The day will run from 9.30am - 1.30pm at a cost of £20 per pupil. The children will benefit from a morning and afternoon break, as well as half an hour for lunch. \*\*

We can cater for groups of up to 96 pupils per day's session. Depending on numbers, the activities may be split on a rotational basis.

Minimum of 8 children required for Team Building packages or surcharge will be added.

only £20 per child  
for a full  
team-building day





## Welcome and Health and Safety Induction

On arrival we will make sure that all of the children receive a warm and friendly welcome to the park and an introduction to their team for the day. The children will also receive a health and safety induction in preparation for their day at Jump Rush. (15 mins)

## Funny Faces

This is a classroom-based task that provides a perfect ice-breaker for the day, exploring the hidden personality characteristics of each pupil. This task encourages bonding within the group and increases confidence. (20 mins)

## Trust Me

Using a series of gentle physical tasks, the students will learn to build trust with each other.

## Crack the Code Course

A mixture of physical activity, teamwork and intelligent thinking. Team members must work together to crack the code before the rest of the teams cross the Jump Rush assault course - completing a number of challenges along the way! (30 mins)

## BREAK



## Trampoline Frustration

A twist on the popular board game, teams must work together to be the first to get all of their players "home" across the trampoline park. Sounds easy but the dice can twist fate at any time!

## Up the Creek....

The children will now be given a real mental challenge to learn all about each other and how to work together effectively. It is the perfect task for developing respect and listening to others' points of view.

## Freebounce

The pupils will have the chance to have a 40-minute run of the park to burn off some energy (40 mins)

## Lunch

We can provide a packed lunch box at a cost of £4 per child (special dietary requirements can be catered for). If you would prefer for the children to bring their own packed lunch then we can cater for this also. Cost of lunch on site is £4 per child (30 mins)



## MOVEMENT THROUGH TRAMPOLINING HALF-DAY AND 6-WEEK COURSES

Perfect for areas of the curriculum such as PE, biology or physics, our "Movement through Trampolining" courses cover the following:

- Safe trampolining technique
- Physical impact of trampolining on the body (joints, strengthening, cardiovascular fitness,
- Physiological impact of trampolining on the body (mental impacts of weightlessness, lymphatic drainage)
- Acceleration and Deceleration, Kinetic Energy, Newton's Laws of Motion and Hook's Law
- Personal physical development through trampolining

Each pupil will receive a  
certificate for every stage  
of their course completion



### 6-week course

The 6-week course will involve the pupil being assigned their own personal development file, which they must complete as part of each session at the trampoline park. They will be able to develop their learning and understanding of the impact of trampolining on the body and how this is impacted by the laws of motion, as well as developing their own physical fitness through practical application of each week's theme. Hour-long sessions within the 6-week course are priced as follows: 1-2 pupils per session at £30 per pupil. 3-5 pupils at £25 per pupil and 6-7 pupils at £20 per pupil. 8+ by

### Half-day course

The half-day course is made up of a bespoke combination of those sessions available within the 6-week course, depending on your requirements. Contact us for prices and availability.



## SPECIAL CURRICULUM-LED EVENTS

We also schedule in regular one-off events in combination with local specialists. These focus on particular areas that can be applied to various subjects and curriculum areas. An idea of the types of events we offer are below. Costs for curriculum-based events will vary according to specific event and specialist but, as a general guide, will be around £15-20 per session per pupil.

**Biomechanics for trampolining**  
In combination with physiotherapist

Perfect for:  
PE, Sport, Biology

How and why different humans are suited to trampolining and gymnastic disciplines. Includes both a classroom-based session, introducing pupils to the different trampolining disciplines and the "perfect" anatomies for each. As well as a practical based session where different anatomical shapes of jumpers will be studied in real life and the impact on their ability.

Full course notes will be provided and pupils will be able to take photographs and video footage throughout the day to use within their studies/projects.

**Life Jumper-drawing session**  
In combination with local artist

Perfect for:  
Art, Biology

In this session, pupils will get the chance to learn about the anatomy and movement of the body during trampolining. Following this classroom-based session the group will then move into the trampolining area where they will be able to sketch, photography or video real-life jumpers, depending on their preferred artistic discipline.

## ALTERNATIVE EDUCATION PROVISION

Here at Jump Rush our staff are very experienced in teaching pupils and children with alternative physical and behavioural requirements.

We can work on a group or one-to-one basis with one-off sessions or longer-term courses. As well as being able to adopt all of the courses offered within our mainstream packages, we can work on an individual basis with the teacher/caregiver for those children requiring more specialised sessions.

We understand and have experience of those children with very specialist behavioural needs, and realise that, for some, simply entering a trampoline park and speaking to a member of staff can be a major milestone in personal and emotional development.

All sessions are handled sensitively, confidentially and professionally, with experienced and consistent staff members.

## HEALTH AND SAFETY

Health and safety is paramount to us. All of our staff are fully qualified and we are an IATP-approved trampoline park, meaning that we are regularly audited and rated.

We are fully insured and have a track record as one of the safest trampoline parks in the UK.

Our staff are DBS-checked and have lots of experience working with children. We have a full list of method statements and risk assessments by key stage and activity. We also have public liability insurance and all course attendees undergo a full induction process beforehand to ensure their safety.