



School Sessions

Teacher Resource 2025

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Overview of BOUNCE School Sessions

BOUNCE offers an exhilarating and dynamic environment for school sessions, providing 3000 square metres of interconnected trampolines, adventure features, and airbags. Designed as the ultimate indoor playground, BOUNCE gives students a chance to break free from desks and screens, promoting physical activity in a safe and engaging setting. With a mission to connect fun and exercise, BOUNCE helps students develop a positive attitude toward physical activity and build lifelong healthy habits.

Sessions are inclusive, catering to all ages, abilities, and skill levels, with experienced Coaches ensuring every student participates at their own pace. BOUNCE School Sessions are not only about having fun but also fostering personal growth, teamwork, and a deeper appreciation for physical activity.

BOUNCE has aligned lessons to adhere to the Australian Curriculum Version 9. By embedding curriculum objectives, schools are able to meet some of the mandatory educational requirements in Health and Physical Education. This alignment also demonstrates BOUNCE's commitment to supporting schools, enhancing the credibility of the program, and ensuring a meaningful experience that integrates fun, confidence building and measured risk taking with learning outcomes. Teachers are able to assess their students against the aligned criteria via the BOUNCE assessment rubrics.

BOUNCE's Australian Curriculum Version 9 aligned program provides students with engaging, high-energy, and safe lessons delivered by professional Bounce Coaches at our venues. The program supports the following Health and Physical Education (HPE) strands:

- Learning through Movement: Exploring concepts of risk-taking, problem-solving, and applying learned skills
- Moving our Bodies: Developing and refining movement skills through trampolining and dynamic activities.
- Interacting with Others: Enhancing communication, teamwork, and social interaction in a physical setting.
- Making Active Choices: Encouraging students to make informed decisions about physical activity and how trampolining can enhance health and wellbeing.

[*INSERT LINK TO OVERALL AUSTRALIAN CURRICULUM ALIGNMENT MATRIX*](#)

How the Program Supports Learning Outcomes

BOUNCE has developed a 6-8 week program for students to build on their skill and knowledge base to achieve set success criteria each lesson. Teachers can assess students against the Australian Curriculum with provided rubrics which demonstrate students' capabilities of 'working towards, at, or working above' their year level for the achievement standards correlating to each content descriptor. Throughout the course, BOUNCE Coaches, aim to assist students in:

- Developing fundamental movement skills
- Fostering teamwork and collaboration through group challenges and activities.
- Providing opportunities to explore and manage risks in a controlled environment.
- The application of physical and social skills in a fun and engaging way.
- Being focused on individual learning: (CHANGE IT model)
- Reflections which align to the success criteria of each lesson.
- meeting curriculum outcomes and skill development whilst experiencing the joy of physical activity.

School Session Times

School Sessions are generally based on a 60-minute lesson with an additional meet & greet with the Coach before the session to be welcomed to BOUNCE and to go through any additional students need requirements,

Sessions can also be extended to 90 minutes or 120 minutes if this is better suited to your class's needs.

Teacher Responsibilities during Schools Sessions

Teachers hold ultimate responsibility and duty of care for the group's safety and supervision. They must remain present throughout the session and assist with behaviour management and supervision in activity areas; however, teachers are not required to deliver any lesson content as the BOUNCE Coaches will do this. Teachers may assess student performance and contribute to session introductions or conclusions if conducting a curriculum-aligned Health and Physical Education (HPE) session, they should be able to assess their students throughout the lesson.

The Role of a BOUNCE Coach During Schools Sessions

The BOUNCE Coaches, primary role is to inspire and guide students through trampoline-based activities aligned with the Australian Curriculum Version 9.0. Each session is designed to foster movement skills, teamwork, and physical literacy while creating a fun, engaging, and inclusive experience. Coaches are qualified and experienced in trampolining and are trained in delivery and modifying lessons to suit the needs of each student. All BOUNCE staff hold their Working with Children Check.

BOUNCE Course Overview

The BOUNCE School Sessions are design to build in skill level and content from Foundation to Year 10. The Primary Years full Schools Sessions course consists of 6 lessons with Secondary at 8 lessons, you can keep bringing your students to BOUNCE each year! However, if your school wishes to attend a different number of lessons BOUNCE can offer a bespoke program ensuring you'll still be able to assess against the Australian Curriculum rubric. We do recommend that the more sessions students are able to attend, then students will have a greater opportunity to build on their skills and knowledge, with more opportunity to move up the Assessment Rubric scale.

[LINK SCHOOLS SESSION OUTLINE](#)

Pre-Visit Preparation

1. Curriculum Integration:

- Review the program's alignment with your term or unit plan for Health & Physical Education
- The Schools Sessions are aligned with specific content descriptors which identify specific learning outcomes from the Australian Curriculum V9 that can be addressed through the program.

2. Provide BOUNCE with any additional and/or relevant information regarding student's needs/disabilities.

3. Student Readiness:

- Brief students on the activities they will participate in and discuss the importance of safety and respect for themselves. Peers, staff and their environment.
- Encourage students to wear appropriate activewear and bring water bottles.

4. Parent Communication:

- Distribute consent forms, waivers and program details to parents or guardians.
- Highlight the safety measures in place at BOUNCE Inc venues.

On-the-Day Guideline

1. Arrival:

- Arrive 15 minutes before the scheduled session to allow time for check-in, Meet & Greet and orientation.
- Ensure all students have completed necessary waivers and are appropriately dressed.
- Establish an early connection between Coaches and students with additional needs to support engagement.

2. Supervision:

- While BOUNCE Coaches lead the program, teachers should actively observe and assist where needed.
- Use this opportunity to assess student engagement and identify areas for follow-up in class.

3. Engagement:

- Encourage students to actively participate in all activities.
- Reinforce key teaching points shared by the Coaches, such as teamwork, safe risk-taking, and skill application.

4. Reflection:

- Students will reflect at the conclusion of their lesson. Teachers can incorporate more time post-session for reflection, where students can share what they learned and enjoyed.
- Discuss how the skills practiced can be applied in other contexts.
- Explore concepts of risk management and decision-making

5. Assessment Opportunities:

- Use observations from the BOUNCE session to assess movement and interpersonal skills.
- Encourage students to set personal goals for improving physical activity participation.
- Self-assessment in senior years

Investment

BOUNCE School Sessions are priced...
Package for classes?

Resources Needed

For Teachers:

- Consent/waiver forms for parents/guardians.
- [ASSESSMENT SHEETS](#)
- Attendance and supervision checklist.
- INSERT LINK to overall Australian curriculum alignment Matrix
- [BOUNCE Safety Policy](#)
- INSERT LINK to printable assessment recording sheets

For Students:

- Comfortable activewear and BOUNCE socks.
- Personal water bottles.
- Copies of consent/waiver forms (if required)

By following this advice, teachers can ensure that their students gain maximum benefit from the BOUNCE program while seamlessly integrating the experience into their curriculum.