

High Air: The History of Trampolines

Emergency Lesson Plan

Concept: Geoffrey R. Lorenz
Author: Judy A. Johnson
Editor: Barbara S. Meeks
Book Design: Patti Jeffers

ELE90/101602

ISBN: 978-0-7877-1933-3

Release Date 2015

Copyright © 2009 Lorenz Educational Press, a Lorenz company
P. O. Box 802
Dayton, OH 45401-0802
www.LorenzEducationalPress.com
All rights reserved.

The pages in this packet were originally published in
Emergency Lesson Plans - Grades 5-6, (ELE90/1016)

Permission to print or photocopy the student activities in this book is hereby granted to one teacher as part of the purchase price. This permission may only be used to provide copies for this teacher's specific classroom setting. This permission may not be transferred, sold, or given to any additional or subsequent user of this product. Thank you for respecting copyright laws.



Lorenz Educational Press
Milliken Publishing Company
Teaching and Learning Company
Show What You Know® Publishing
LEP interactive



Understanding What You Read

Fill in the blanks below to complete each sentence.

1. In 2000, trampolining became an _____ sport.
2. George Nissen got his idea for a trampoline while visiting the _____ .
3. It took George _____ years to perfect his invention.
4. The army and navy use trampolines to train _____ .
5. Astronauts use trampolines to get used to _____ .



Tell Your Own Story

Write a story about the first time you tried a new sport or game. What made you want to try it? How did you do the first time you played? Did you stick with it? Why or why not?



Vocabulary Builder

Trampolín is a Spanish word that has entered the English language. Here are some other foreign words that have become commonly used in English. Use a dictionary to discover from what country the word originally came. If you do not already know a word's meaning, write it as well.

1. scheme _____
2. banjo _____
3. souvenir _____
4. kindergarten _____
5. shampoo _____
6. kowtow _____
7. money _____



Figure It Out!

- George Nissen began selling trampolines in 1937. Trampolining was an Olympic sport in 2000. How many years passed between the two events?

- In 1981, Jeff Schwartz bounced on a trampoline for 266 hours and 9 minutes, with breaks. In round numbers, how many days did he bounce?

- If on your first jump you bounced one foot high, then went 50% higher on each of your second and third bounces, how high would the second and third bounces be?
 - Second bounce _____
 - Third bounce _____
- Give both answers above in inches only.
 - Second bounce _____
 - Third bounce _____



Map Moments

Use a world map to locate the following cities where Olympic Games have been held. On the line provided, write the name of the country in which the city is located. The year that the city hosted the games is also given.



Summer Games:

Antwerp 1920 _____

Helsinki 1952 _____

Seoul 1988 _____

Sydney 2000 _____

Winter Games:

St. Moritz 1928, 1948 _____

Oslo 1952 _____

Sarajevo 1984 _____

Nagano 1998 _____