

Jumping 0 - 12 year olds

At a young age, before children can jump they start to bob up and down. This usually happens before walking is even established. There are many forms of jumping, including jumping for distance or for height, jumping up, down and over objects, however all are explosive skills which involve 3 phases.



Jumping Activities

These activities can be used in pre-schools through to primary school. All you need to do is adjust the activity to suit children's ability.

- **Motor bike game** – driving round and when whistle blows or stop is called out children have to stop with a jump and land. Key points to remember are to have our feet shoulder width apart, knees slightly bent (sitting on a bike) landing as quietly as possible. Ideally the landing should be held for 3 seconds.
- **Jumping on the spot**, jumping in circles, bend down jump up, jumping side to side. Animal jumps, kangaroos, rabbits and frogs.
- **Jumping the stream** – With the use of a long rope, elastic or material use it to act as 'stream' so that children have to jump to get over it.
- **Jumping the stream** – Vary the height and explain after lots of rain the river may get wider, faster or higher, move the rope to match these descriptions. Once children get confident try: jumping backwards, turning jumps and side to side jumping. Try running leaps for when the river is wide. Stay away from the crocs!
- **Jumping Circuit** – hot spots, mini hurdles, jumping sacks, elastic for walking along and jumping over. Create your own jumping circuit using this equipment.
- **Playground markings** are a fun, easy way to practise jumping. Hopscotch, 4 Square and even Snakes and Ladders using a variety of combinations. Encourage children to jump 2 – 2 feet, 1 – 2 feet and leaping. These activities can also be linked to letter and number identification.

- **More advanced jumping circuits** can be set up using hoops, benches and gymnastics box tops – encourage jumping off with swinging arms and landing two feet together.
- **Jumping sacks** – Set up a course to jump around.
- **Hurdles** (can use any equipment that is small enough for children to jump over) – Start by just stepping over them. Progress to a two foot jump. When confident spread the hurdles out and have the children run and jump over them.
- **Hot lava pools** – Set up a space with scattered materials laid on the ground to represent hot lava pools. Children must leap over the pools so their feet don't get burnt.