

Jumping 2.1: Horizontal jump

5 - 8 year olds

Introduction (1 - 2 minutes)

Can you name any sports and activities that involve jumping, hopping, and skipping?

Warm-up: Exploring the jump (5 minutes)

- Each child has one skipping rope, and lays it out in a straight line.
- Ask children to try different ways to jump over their rope and land on the other side without falling down.
- Circle the activity space and observe, but allow children time to explore different jumps.
- Emphasize that a good jump is landed softly with control.
- Encourage children to try different jumps:
 - » *jump off two feet and land on one.*
 - » *jump off one foot and land on two.*
 - » *jump as high as you can.*
 - » *jump as far as you can from one end of the rope towards the other.*

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Skipping ropes, cones, gymnastics mats, yoga mats, and/or hula hoops

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Demonstration: Horizontal jump (2 - 3 minutes)

- Demonstrate the parts of a good jump that help us to jump further.
- Get ready: Bend knees and lean forward, wing arms back.
- Take off: Swing arms up and forwards as you spring with your legs, reaching as high and far as possible.
- Fly forward: Look forward and keep your knees up.
- Land: Absorb your landing softly by bending ankles, knees, and hips on impact. Arms should reach straight forward for balance.

Practice: Jumping for distance (8 - 10 minutes)

- Children return to their skipping rope and try to jump for distance.
- They can stand at one end of the rope and see how far they can jump towards the other end.
- They can use the rope as a line that they must jump over by starting a short distance away and gradually increasing it.

Game: Island jumping (8 - 10 minutes)

- Having practiced, tell the children they are ready to try to island jumping.
- Scatter gymnastics mats, yoga mats, and/or hula hoops throughout the activity space as “islands”.
- Place the islands close enough so children can jump from one to another.
- The object of the game is the jump to all the islands without falling in the water (gym floor).
- After children complete the circuit, increase the distance between the mats slightly.
- Next, bring all the Islands closer and practice different jumps:
 - » *jump off two feet and land on one.*
 - » *jump off one foot and land on two*

Wrap-up (1 - 2 minutes)

Why are arms important in jumping and landing?

TIPS FOR INSTRUCTION

- Move around the activity area and provide feedback to the children using the cues.
- Encourage the children to extend their bodies on the takeoff.

CUES

- *Get ready: “Arms back, crouch forward”*
- *Take off: “Spring and swing”*
- *Fly: “Knees up, look forward”*
- *Land: “Land quietly, arms forward”*