



## Jumping 2.2: Star jump tag, jumping square

5 - 8 year olds

### Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*When you get ready to jump, how do you position your arms?*

### Warm-up: Star jump tag (5 - 8 minutes)

- Leader chooses 1 or 2 children to be “it”.
- Children move (walk, run, hop, gallop, skip) around activity space trying not to be tagged.
- If children are tagged they must do 5 star jumps.
- Every 2-3 minutes, change children who are “it”.

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** Tape or chalk

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

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## Demonstration: Horizontal jump (1 - 2 minutes)

- Leader demonstrates jumping from one point to another.
- *Start your jump on two feet and land on two feet.*
- *Bend your knees and lean forward as you swing your arms back.*
- *Swing arms up and forwards as you spring with your legs, reaching as high and far as possible.*
- *Look forward and pull your knees up as you fly.*
- *Land softly by bending at your ankles, knees, and hips.*
- *Reach your arms forward for balance.*

## Practice: Red light, green light, reset (8 - 10 minutes)

- Children spread out along a line at one end of activity space.
- When the leader calls “*green light*”, children begin jumping towards the other end of the activity space.
- When the leader calls “*red light*”, children must freeze.
- When the leader calls “*reset*”, children stop, turn around and return to their starting positions by using another movement pattern that the leader chooses (i.e. walk slowly on toes, crab walk, etc.)

## TIPS FOR INSTRUCTION

- Remind children of demonstration points.
- Encourage children not to rush their jumps.
- Children should jump at their own pace.

## CUES

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

## Game: Jumping square (8 - 10 minutes)

- Leader tapes/chalks a large square in centre of activity space.
- Leader divides children into 4 equal teams.
- Each team spreads out along one side of the square.
- Two sides that are facing are numbered “1” and the other two sides are numbered “2”.
- When leader calls out “One”, all children who are number 1 jump across to the opposite line without touching anyone.
- When leader calls out “Two”, all children who are number 2 jump across to the opposite line without touching anyone.
- When leader calls out “Three”, all four sides jump to the opposite side without touching anyone.
- If a child touches another child while jumping, they must go back to start line and start again.
- Team who gets all children to their line first gets a point.

## Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

*What would help you to jump further?*

## TIPS FOR INSTRUCTION

- The aim is to practice jumping, but leaders must monitor fatigue.
- Stop or switch the activity if signs of extreme fatigue appear.
- Incorporate different movements that are low-impact or zero-impact between rounds of jumping.
- As a general guideline, no more than 10 turns jumping per game.