



Jumping 2.4: Simon says, exploring jumping

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.

Can you think of a sport or game where you have to jump?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Hoops, bean bags, ropes, measuring tapes

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Warm-up: Simon Says (5 - 8 minutes)

- When the leader says “*Simon says...*” children must copy the leader’s movement.
- If the leader does not say “*Simon says...*” before a command, children freeze.
- If a child moves when the leader does not say “*Simon says...*” the child must sit and stand up immediately (this keeps them from being eliminated from the activity).
- Once the leader has done several commands, they may choose a child to lead the activity.
- Variations of commands for “*Simon says...*”:
 - » *jump as high as you can, hands reaching way up*
 - » *jump forward or backward*
 - » *jump side to side*
 - » *jump from crouch position*
 - » *jumping jacks*
 - » *star jump*
 - » *jump like a frog/rabbit/kangaroo*
 - » *jump as quietly as you can*

Demonstration: Jumping (1 - 2 minutes)

- Leader demonstrates the following:
 - » jumping for distance (tape a skipping rope or measuring tape to the floor and see how far you can jump along it's length. Jump beside the rope or tape—not on top of it.)
 - » jumping over an obstacle (foam block)
 - » jumping into and out of a series of hoops
- *Start your jump on two feet.*
- *Bend your knees and lean forward as you swing your arms back.*
- *Swing your arms forward and up as you spring with your legs.*
- *Reach and bring your knees up so your feet go over the obstacle.*
- *Try to keep your head up and look forward.*
- *Land softly by bending at your ankles, knees, and hips.*
- *Reach your arms forward for balance.*

Practice: Exploring jumping (5 - 8 minutes)

- Leader places several obstacles (hoops, skipping ropes taped to floor, foam blocks) around perimeter of activity space.
- Children spread out around perimeter making sure there is space between each child.
- When the music starts, children must walk along the perimeter of activity space.
- When children come to an obstacle, they must jump into, over or along it.
- When music stops, everyone freezes.
- Leader reminds children: *This is not a race. We are practicing how to be great jumpers.*
- *Show me your best jumps!*
- Once children understand the concept, the leader can change the locomotor movement (run, hop, gallop, skip).

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.
- Use 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.

CUES

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

Game: Relay race (8 - 10 minutes)

- Leader organizes children into teams of 4-5 children.
- Teams line up at one end of the activity space with a hoop placed behind each team.
- Set up an obstacle course in front of each team using hoops, ropes and foam blocks.
- Course should provide opportunities to jump “into” and “over” obstacles.
- Place a hoop at the far end of the obstacle course with bean bags in it.
- There should be one bean bag for each child in the team.
- Each child takes turns jumping through the course to grab one bean bag.
- Children then turn and jump back through the course to place the bean bag inside the hoop behind their team.
- Once the bean bag is placed in the hoop, the next child in line goes.
- The first team that collects all their bean bags and places them in the hoop behind their team wins.

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

How do your legs move when you are jumping?