



## Jumping 3.2: Jump tug-o-war

8 - 12 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.

*What can you do with your arms to help you jump further?*

### Warm-up: Jump tag (5 - 8 minutes)

- Leader chooses 1 or 2 children to be “it”.
- Children move according to leader’s direction (run, hop, gallop, skip) as they try to avoid being tagged.
- If tagged, children must do 5 star jumps and 5 tuck jumps, then return to game.
- Every 1-2 minutes, change children who are “it”.

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** bean bags, tape to mark line on floor

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

## 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.*
- *Get ready - Bend knees and lean forward, swing arms back.*
- *Take off - Swing arms up and forwards as you spring with your legs, reaching as high and far as possible, extending the body fully.*
- *Fly forward - Look forward and tuck your legs as you “fly”.*
- *Land - Absorb your landing softly by bending ankles, knees, and hips on impact.*
- *On landing, arms should reach straight forward for balance.*

## Practice: Jumping partners (8 - 10 minutes)

- Leader organizes children into pairs along a line at one end of activity space.
- First child in pair gets in the “ready position” and jumps horizontally as far as they can (start and land on two feet) and freezes at that spot.
- Second child in pair walks to where the partner landed, and then jumps as far as possible and freezes at the new landing spot.
- Pairs continue and count their jumps until one partner reaches a designated finish line at other end of activity space.
- Adjust distance to finish line according to age and ability. Each partner should jump more than 6-10 times from the start to the finish.
- Repeat no more than 3-4 times. Children rest by walking slowly back to the start line.
- Challenge children to improve their score by trying to reach the designated line in fewer jumps.

## 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: Jump tug-o-war (8 - 10 minutes)**

- Leader divides group into teams of 3 or 4 children.
- Teams pair up and face each other across a line marked on the floor.
- The first child from Team A stands at the line and jumps into the other team's "territory" (start and land on two feet).
- The child's landing spot is marked with a bean bag.
- The first child from Team B starts stands beside the bean bag and jumps back towards Team A's territory.
- Team B's jumper is trying to jump further than Team A's jumper—back into Team A's territory if possible.
- Repeat until everyone on each team has jumped twice.
- The winning team is the one which finishes in the other team's territory.

## **Wrap-up (2 minutes)**

Call the children back into a circle and review what they learned today.

*What did you do to help you jump further?*