

Jumping 3.1: Vertical and horizontal jump

8 - 12 year olds

Introduction (1 - 2 minutes)

Can you name any sports and activities that involve jumping high and/or far?

Warm-up: Hot dog tag (5 - 6 minutes)

- Choose 3-5 children to be taggers, depending on numbers.
- Suggestion: Ask children with a certain colour shirt to be taggers, then switch colours for next round.
- Children who are tagged become “hot dogs” by lying down with arms at their sides.
- Tagged children can be free again if two other children make a “bun” by lying down on either side of them.
- All three children can then get up and continue playing.
- Make sure children exercise caution and look where they are running at all times.

Demonstration: Horizontal jump (1 - 2 minutes)

- Demonstrate the parts of a good jump that help us to jump further.
- 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.

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: Vertical jump (1 - 2 minutes)

- Demonstrate the parts of a good jump that help us to jump higher.
- Get ready: Bend knees and lean forward, swing arms back.
- Take off: Swing arms up spring with your legs, reaching as high as possible, extending the body fully.
- Fly up: Look forward and tuck your legs if jumping onto or over an object.
- Land: If jumping up on the spot, land where you took off. Absorb your landing softly by bending ankles, knees, and hips on impact.
- On landing, arms should reach straight forward for balance.

Practice: Jumping exploration (10 - 12 minutes)

- Set up different jumping stations in the activity space where children can explore jumping with both feet horizontally, vertically, and laterally.
- Form groups of 3-4 children and have them explore each station for 1-2 minutes.
- Station 1: *Stand on a line and compete to see who can jump furthest.*
- Station 2: *Jump up onto a box and down again, and focus on landing softly.*
- Station 3: *Jump over a hurdle, or a skipping rope that be raised or lowered to set an appropriate challenge.*
- Station 4: *Do multiple jumps over a set of cones, or from hula-hoop to hula-hoop, or from mat to mat, etc.*
- Station 5: *Jump backwards from one mat to another. Increase the space between mats gradually.*
- Station 6: *Jump sideways back and forth from one mat to another. Increase the space between mats gradually.*
- Station 7: *Compete to see how high you can jump to touch a spot on the wall, basketball net or rim, or a ball suspended on a rope that can be raised or lowered.*

TIPS FOR INSTRUCTION

- Encourage the children to extend their bodies on the takeoff.
- Encourage soft and controlled landings.

CUES

- *Get ready: "Arms back, crouch forward"*
- *Take off: "Spring and swing"*
- *Fly: "Extend body"*
- *Land: "Land quietly, arms forward"*

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 “islands” 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”*