Jumping 3.1: Island jumping
8 - 12 year olds

TIME: 30 minutes
SKILL: Locomotion
EQUIPMENT: Skipping ropes, cones, gymnastics mats, yoga mats, and/or hula hoops

Introduction (2 minutes)

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

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

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

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.

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.

**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.*

**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”

**Wrap-up (2 minutes)**

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

*Why are arms important in jumping and landing?*