Jumping 2.3: Who can jump, obstacle jump
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 something that you ever had to jump over?
Warm-up: Who can jump...? (5 - 8 minutes)

- Children spread out around the activity space.
- Leader explains that he/she will call out a “Who can jump...?” question.
- Children reply, “I can!” and perform the jump.
- Remind children of their “space bubble” for safety.
- Suggested jumps:
  » as quietly/loudly as possible
  » forwards/backwards
  » from a crouch position
  » very fast
  » very slow
  » in a straight line
  » in a circle
  » like a frog
  » with leg and arms stiff
  » with arms held straight and firm, parallel to ground
  » with legs wide apart

Demonstration: Jumping over an obstacle (1 - 2 minutes)

- Leader demonstrates jumping over a low obstacle (e.g. skipping rope held by two helpers, foam block, mini hurdle, etc.).
- Start your jump on two feet, with feet hip-to-shoulder-width apart.
- 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: Jumping over rope (5 - 8 minutes)
- Leader divides children into groups of 3.
- Each group has a skipping rope.
- Groups spread out around activity space.
- Two children hold the ends of the rope while third child tries to jump over it.
- Encourage children to start with rope close to ground.
- Encourage children to raise rope after 2 or 3 successful jumps.
- Switch positions every 5-10 jumps.
- Children can explore jumping sideways and backwards.

Game: Obstacle jump (8 - 10 minutes)
- Spread a number of hoops, foam blocks and ropes around the activity space.
- Explain to the children that you will call out a movement (walk, run, gallop, skip).
- Children must move around the activity space without touching the equipment using that movement pattern.
- When I call out “obstacle jump” you must jump in and out or over as many hoops, foam blocks or ropes as you can until I blow the whistle to stop.
- Repeat several times, changing the movement each time.
- Leader can challenge the children to jump in and out or over a certain number of obstacles: I want you to try and jump in and out or over 5 obstacles before I blow the whistle.

Wrap-up (2 minutes)
Call the children back into a circle.
Review what they learned today.

What did you find easier, jumping into a hoop or over a foam block?

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