



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?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Hoops, bean bags, ropes, foam blocks, mini hurdle

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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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*