Jumping 2.4: Simon says, exploring jumping
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 a sport or game where you have to jump?*
Warm-up: Simon Says (5 - 8 minutes)

- When the leader says “Simon says...” children must copy the leader’s movement.
- If the leader does not say “Simon says...” before a command, children freeze.
- If a child moves when the leader does not say “Simon says...” the child must sit and stand up immediately (this keeps them from being eliminated from the activity).
- Once the leader has done several commands, they may choose a child to lead the activity.
- Variations of commands for “Simon says...”:
  » jump as high as you can, hands reaching way up
  » jump forward or backward
  » jump side to side
  » jump from crouch position
  » jumping jacks
  » star jump
  » jump like a frog/rabbit/kangaroo
  » jump as quietly as you can
Demonstration: Jumping (1 - 2 minutes)

- Leader demonstrates the following:
  » jumping for distance (tape a skipping rope or measuring tape to the floor and see how far you can jump along its length. Jump beside the rope or tape—not on top of it.)
  » jumping over an obstacle (foam block)
  » jumping into and out of a series of hoops
- Start your jump on two feet.
- 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: Exploring jumping (5 - 8 minutes)

- Leader places several obstacles (hoops, skipping ropes taped to floor, foam blocks) around perimeter of activity space.
- Children spread out around perimeter making sure there is space between each child.
- When the music starts, children must walk along the perimeter of activity space.
- When children come to an obstacle, they must jump into, over or along it.
- When music stops, everyone freezes.
- Leader reminds children: This is not a race. We are practicing how to be great jumpers.
- Show me your best jumps!
- Once children understand the concept, the leader can change the locomotor movement (run, hop, gallop, skip).

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
**Game: Relay race** *(8 - 10 minutes)*

- Leader organizes children into teams of 4-5 children.
- Teams line up at one end of the activity space with a hoop placed behind each team.
- Set up an obstacle course in front of each team using hoops, ropes and foam blocks.
- Course should provide opportunities to jump “into” and “over” obstacles.
- Place a hoop at the far end of the obstacle course with bean bags in it.
- There should be one bean bag for each child in the team.
- Each child takes turns jumping through the course to grab one bean bag.
- Children then turn and jump back through the course to place the bean bag inside the hoop behind their team.
- Once the bean bag is placed in the hoop, the next child in line goes.
- The first team that collects all their bean bags and places them in the hoop behind their team wins.

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

Call the children back into a circle.

Review what they learned today.

*How do your legs move when you are jumping?*