Jumping 3.2: Jump tug-o-war
8 - 12 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.

*What can you do with your arms to help you jump further?*

Warm-up: Jump tag (5 - 8 minutes)
- Leader chooses 1 or 2 children to be “it”.
- Children move according to leader’s direction (run, hop, gallop, skip) as they try to avoid being tagged.
- If tagged, children must do 5 star jumps and 5 tuck jumps, then return to game.
- Every 1-2 minutes, change children who are “it”.

TIME: 30 minutes
SKILL: Locomotion
EQUIPMENT: bean bags, tape to mark line on floor
ORGANIZATION/PROGRAM:
ACTIVITY LEADER:
GROUP NAME:
DATE:

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Demonstration: Horizontal jump (1 - 2 minutes)

- Leader demonstrates jumping from one point to another.
- **Start your jump on two feet and land on two feet.**
- **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.

Practice: Jumping partners (8 - 10 minutes)

- Leader organizes children into pairs along a line at one end of activity space.
- First child in pair gets in the “ready position” and jumps horizontally as far as they can (start and land on two feet) and freezes at that spot.
- Second child in pair walks to where the partner landed, and then jumps as far as possible and freezes at the new landing spot.
- Pairs continue and count their jumps until one partner reaches a designated finish line at other end of activity space.
- Adjust distance to finish line according to age and ability. Each partner should jump more than 6-10 times from the start to the finish.
- Repeat no more than 3-4 times. Children rest by walking slowly back to the start line.
- Challenge children to improve their score by trying to reach the designated line in fewer jumps.

**TIPS FOR INSTRUCTION**

- Remind children of demonstration points.
- Encourage children not to rush their jumps.
- Children should jump at their own pace.

**CUES**

- **Get ready:** Arms back, crouch forward
- **Take off:** Spring and swing
- **Fly:** Knees up, look forward
- **Land:** Land quietly, arms forward
**Game: Jump tug-o-war** *(8 - 10 minutes)*

- Leader divides group into teams of 3 or 4 children.
- Teams pair up and face each other across a line marked on the floor.
- The first child from Team A stands at the line and jumps into the other team’s “territory” (start and land on two feet).
- The child’s landing spot is marked with a bean bag.
- The first child from Team B starts stands beside the bean bag and jumps back towards Team A’s territory.
- Team B’s jumper is trying to jump further than Team A’s jumper—back into Team A’s territory if possible.
- Repeat until everyone on each team has jumped twice.
- The winning team is the one which finishes in the other team’s territory.

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

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

*What did you do to help you jump further?*