Jumping 3.2: Jump tug-o-war
8 - 12 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Bean bags, tape to mark line on floor

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.

What can you do with your arms to help you jump further?
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 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 or designated lines and review what they learned today.

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