Jumping 3.3: Relay race
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.

*Today we will be practicing how to jump over and onto objects.*

What will you change about the way you jump over low objects versus jumping over higher objects?

TIME: 30 minutes
SKILL: Locomotion
EQUIPMENT: hoops, ropes, foam blocks, mats, benches, vault top, low hurdles, music

ORGANIZATION/PROGRAM:
ACTIVITY LEADER:
GROUP NAME:
DATE:
**Warm-up: Back to back (5 minutes)**
- This game is similar to musical chairs, except the chairs are replaced by partners “sitting” back-to-back.
- When the music starts, children must move around the activity space.
- Leader specifies different locomotor movement each time (e.g. walk, run, hop, gallop, skip).
- When the music stops, children must find a partner, stand back-to-back, and then both pretend to “sit” as if they have chairs.
- The child who fails to find a partner, or the last set of partners to make a “chair,” must do 10 star jumps and then rejoin the group.
- Play several rounds. Be sure to mix partners by naming new conditions each round. For example:
  - *Girls with boys.*
  - *Different partner than last time.*
  - *Someone wearing the same colour as you.*

**Demonstration: Vertical jump (2 - 3 minutes)**
- Leader chooses 2 children to hold the ends of a skipping rope.
- Leader demonstrates how to jump over a skipping rope held at different heights.
- Leader then demonstrates how to jump onto and off of a bench, or stacked mats.
  - **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, spring with your legs, reach as high as possible.
  - **Fly up** - Look forward and tuck your legs up if jumping onto or over an object.
  - **Land softly** by bending at your ankles, knees, and hips on impact.
  - **On landing,** arms should reach straight forward for balance.
Practice: Jumping stations (12 - 15 minutes)

- Leader sets up 4 jumping stations and divides children into 4 groups.
- Each group begins at a station and rotates to next station every 2-3 minutes.

**Station 1: Rope jump**
- Two children hold the ends of a skipping rope while others jump over it.
- Children take turns holding the rope so everyone has a chance to jump.
- Children increase or decrease the height after everyone has jumped.

**Station 2: Leap frog**
- In a line, children crouch down and make themselves as small as possible.
- There should be some space between each child.
- Child at back of the line leap frogs over each child in front of them.
- When child gets to the front of the line, they crouch down and next child at the back goes.
- Continue until everyone has gone through at least once.

**Station 3: Jumping onto and off an object**
- Leader sets up a vault top or stacked mats.
- Children practice jumping onto and off of the equipment.
- Benches can also be used if they are stable and safe.

**Station 4: Jumping over an object**
- Leader places foam blocks and low hurdles around area.
- Children practice jumping over objects of different heights.

**TIPS FOR INSTRUCTION**
- Remind children of demonstration points.
- Encourage children not to rush their jumps.
- Encourage soft and controlled landings.

**CUES**
- Get ready: Bend knees, lean forward, arms back
- Take off: Spring and swing
- Fly: Knees up, look forward
- Land: Land softly, arms forward for balance
**Game: Relay race (8 - 10 minutes)**

- Leader divides group into teams of 4 or 5 children.
- Teams line up at one end of activity space.
- Leader creates identical obstacle courses for each team with hoops, foam blocks, ropes, hurdles, etc.
- Obstacle course should allow opportunities to jump over, into, and onto objects.
- First child on each team jumps through obstacle course to the end, and then runs back and high-fives the next person in line to go.
- Team that finishes first, wins.

**Wrap-up (2 minutes)**

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

*What helped you keep your balance when you landed a jump?*