



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Jumping 1.1: Kangaroo tag

3 - 5 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: music

Introduction (2 - 3 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Explain in 20 - 30 seconds what you will be doing today.

Today we will learn how to jump. Do you know any games where players jump?

Activity 1: Kangaroo tag (5 - 8 minutes)

- Demonstrate to children what a “kangaroo” looks like when it is jumping and what it might look like when it is still.
- Have all children stand up and show you their “kangaroo” jumping.
- Explain that the children will play a game called “kangaroo tag”.
- *If you get tagged you must jump on the spot like a kangaroo until someone comes and “high fives” you.*
- Leader asks children to spread out around the activity space.
- Leader chooses 1 or 2 children to be “it”.
- *When I start the music, the game begins. If I stop the music, everyone has to freeze like a kangaroo.*
- Change who is “it” every 60 seconds.

TIPS FOR INSTRUCTION

- Leader should participate to provide an example for children who might need help.

Activity 2: Can You Jump...? (8 - 10 minutes)

- Leader asks children to stand in a semi circle so everyone can see the leader.
- Leader demonstrates how to jump in one spot (vertically).
- Leader demonstrates with basic cues: start with arms back, crouch down, spring up, land softly, take off on two feet, land on two feet.
- Leader then demonstrates how to jump forward (horizontally).
- Leader explains that he/she will call out a “*Who can jump...?*” question.
- Leader should demonstrate the jump when they call it out.
- Children reply, “*I can!*” and perform the jump.
- Leader should be performing the jumps with the children.
- Suggested jumps:
 - » *Up and down as quietly/loudly as possible*
 - » *Very slow*
 - » *Very fast*
 - » *In a straight line*
 - » *Like a bouncy ball*
 - » *Like a frog*
 - » *With your legs wide apart*
 - » *In a very silly way*

TIPS FOR INSTRUCTION

- Jumping can be tiring for young children.
- Change jumps every 10 - 15 seconds.
- Allow a few seconds of rest between each jump.

CUES

- *Look forward*
- *Start on two feet and land on two feet*
- *Crouch down with arms back*
- *Swing arms forward and up as you take off*

Activity 3: Red light, green light (5 - 8 minutes)

- Ask children to spread out along one end of the activity space.
- Leader stands at opposite end and faces the children.
- Explain the game “Red light, green light”.
- *When I call out “green light”, I want you to jump towards me.*
- *When I call out “red light”, freeze like any animal you want.*
- Leader should demonstrate what this might look like.
- *When I call out “yellow light”, slowly walk towards me taking really big slow steps.*
- Leader should demonstrate what this might look like.
- Repeat activity a few times.

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Recognize the group for their great jumping.

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