



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

Students develop and demonstrate movement skills in a variety of activities.

Jump 2.1: Island jumping

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Skipping ropes, cones, gymnastics mats, yoga mats, and/or hula hoops

Introduction (1 - 2 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).

Can you name any sports and activities that involve jumping, hopping, and skipping?

Warm-up: Exploring the jump (5 minutes)

- Each child has one skipping rope, and lays it out in a straight line.
- Ask children to try different ways to jump over their rope and land on the other side without falling down.
- Circle the activity space and observe, but allow children time to explore different jumps.
- Emphasize that a good jump is landed softly with control.
- Encourage children to try different jumps:
 - » *jump off two feet and land on one.*
 - » *jump off one foot and land on two.*
 - » *jump as high as you can.*
 - » *jump as far as you can from one end of the rope towards the other.*

Demonstration: Horizontal jump (2 - 3 minutes)

- Demonstrate the parts of a good jump that help us to jump further.
- *Get ready: Bend knees and lean forward, wing arms back.*
- *Take off: Swing arms up and forwards as you spring with your legs, reaching as high and far as possible.*
- *Fly forward: Look forward and keep your knees up.*
- *Land: Absorb your landing softly by bending ankles, knees, and hips on impact. Arms should reach straight forward for balance.*

Practice: Jumping for distance (8 - 10 minutes)

- Children return to their skipping rope and try to jump for distance.
- They can stand at one end of the rope and see how far they can jump towards the other end.
- They can use the rope as a line that they must jump over by starting a short distance away and gradually increasing it.

TIPS FOR INSTRUCTION

- Move around the activity area and provide feedback to the children using the cues.
- Encourage the children to extend their bodies on the takeoff.

CUES

- *Get ready: "Arms back, crouch forward"*
- *Take off: "Spring and swing"*
- *Fly: "Knees up, look forward"*
- *Land: "Land quietly, arms forward"*

Game: Island jumping (8 - 10 minutes)

- Having practiced, tell the children they are ready to try to island jumping.
- Scatter gymnastics mats, yoga mats, and/or hula hoops throughout the activity space as “islands”.
- Place the islands close enough so children can jump from one to another.
- The object of the game is the jump to all the islands without falling in the water (gym floor).
- After children complete the circuit, increase the distance between the mats slightly.
- Next, bring all the Islands closer and practice different jumps:
 - » *jump off two feet and land on one.*
 - » *jump off one foot and land on two*

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Why are arms important in jumping and landing?

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