



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Jump 2.2: Star jump tag, jumping square

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Tape or chalk

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).

When you get ready to jump, how do you position your arms?

Warm-up: Star jump tag (5 - 8 minutes)

- Leader chooses 1 or 2 children to be “it”.
- Children move (walk, run, hop, gallop, skip) around activity space trying not to be tagged.
- If children are tagged they must do 5 star jumps.
- Every 2-3 minutes, change children who are “it”.

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.*
- *Bend your knees and lean forward as you swing your arms back.*
- *Swing arms up and forwards as you spring with your legs, reaching as high and far as possible.*
- *Look forward and pull your knees up as you fly.*
- *Land softly by bending at your ankles, knees, and hips.*
- *Reach your arms forward for balance.*

Practice: Red light, green light, reset (8 - 10 minutes)

- Children spread out along a line at one end of activity space.
- When the leader calls “*green light*”, children begin jumping towards the other end of the activity space.
- When the leader calls “*red light*”, children must freeze.
- When the leader calls “*reset*”, children stop, turn around and return to their starting positions by using another movement pattern that the leader chooses (i.e. walk slowly on toes, crab walk, etc.)

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: Jumping square (8 - 10 minutes)

- Leader tapes/chalks a large square in centre of activity space.
- Leader divides children into 4 equal teams.
- Each team spreads out along one side of the square.
- Two sides that are facing are numbered “1” and the other two sides are numbered “2”.
- When leader calls out “One”, all children who are number 1 jump across to the opposite line without touching anyone.
- When leader calls out “Two”, all children who are number 2 jump across to the opposite line without touching anyone.
- When leader calls out “Three”, all four sides jump to the opposite side without touching anyone.
- If a child touches another child while jumping, they must go back to start line and start again.
- Team who gets all children to their line first gets a point.

TIPS FOR INSTRUCTION

- The aim is to practice jumping, but leaders must monitor fatigue.
- Stop or switch the activity if signs of extreme fatigue appear.
- Incorporate different movements that are low-impact or zero-impact between rounds of jumping.
- As a general guideline, no more than 10 turns jumping per game.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

What would help you to jump further?

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.