



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Jumping 2.3: Obstacle jump

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Hoops, bean bags, ropes, foam blocks, mini hurdle

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 think of something that you ever had to jump over?

Warm-up: Who can jump...? (5 - 8 minutes)

- Children spread out around the activity space.
- Leader explains that he/she will call out a “*Who can jump...?*” question.
- Children reply, “*I can!*” and perform the jump.
- Remind children of their “space bubble” for safety.
- Suggested jumps:
 - » *as quietly/loudly as possible*
 - » *forwards/backwards*
 - » *from a crouch position*
 - » *very fast*
 - » *very slow*
 - » *in a straight line*
 - » *in a circle*
 - » *like a frog*
 - » *with leg and arms stiff*
 - » *with arms held straight and firm, parallel to ground*
 - » *with legs wide apart*

Demonstration: Jumping over an obstacle (1 - 2 minutes)

- Leader demonstrates jumping over a low obstacle (e.g. skipping rope held by two helpers, foam block, mini hurdle, etc.).
- *Start your jump on two feet, with feet hip-to-shoulder-width apart.*
- *Bend your knees and lean forward as you swing your arms back.*
- *Swing your arms forward and up as you spring with your legs.*
- *Reach and bring your knees up so your feet go over the obstacle.*
- *Try to keep your head up and look forward.*
- *Land softly by bending at your ankles, knees, and hips.*
- *Reach your arms forward for balance.*

Practice: Jumping over rope (5 - 8 minutes)

- Leader divides children into groups of 3.
- Each group has a skipping rope.
- Groups spread out around activity space.
- Two children hold the ends of the rope while third child tries to jump over it.
- Encourage children to start with rope close to ground.
- Encourage children to raise rope after 2 or 3 successful jumps.
- Switch positions every 5-10 jumps.
- Children can explore jumping sideways and backwards.

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.
- Use 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.

CUES

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

Game: Obstacle jump (8 - 10 minutes)

- Spread a number of hoops, foam blocks and ropes around the activity space.
- Explain to the children that you will call out a movement (walk, run, gallop, skip).
- Children must move around the activity space without touching the equipment using that movement pattern.
- *When I call out "obstacle jump" you must jump in and out or over as many hoops, foam blocks or ropes as you can until I blow the whistle to stop.*
- Repeat several times, changing the movement each time.
- Leader can challenge the children to jump in and out or over a certain number of obstacles: *I want you to try and jump in and out or over 5 obstacles before I blow the whistle.*

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

What did you find easier, jumping into a hoop or over a foam block?

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