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Practice Activities for Jumping

- ❖ Arrange for practice opportunities of jumping for distance indoors and out so you can observe while facilitating *and* during authentic play time practice.
- ❖ Children need to also explore and practice jumping in a variety of ways. Observe how children modify their jumping based on task demands.
- ❖ Remember that for young children, a jump of any kind is two foot take off and two foot landing.
- ❖ Emphasize a safe, upright and balanced landing for all forms of jumping.
- ❖ Tape lines, yarn, and rubber shapes can be very helpful when practicing jumping.
 - Examples:
 - Let's measure how far you can jump along this line?
 - This mark shows how far you jumped the last time. Try to jump farther this time!
 - Can you jump from the red circle to the green square, then jump to the orange triangle?
 - Jump and land *in the same place* five times? Let's count...
- ❖ Facilitating the practice of various types of jumps:
 - Jumping up
 - Cue the child to jump up and touch a spot or a prop that you hold above her head.
 - Remind the child to jump up (not out) so that she lands close to the take-off point.

- Stress a safe, upright landing.
- Jumping down from a low height
 - Stand or kneel in front of the child to keep her from falling forward.
 - If the child begins to fall forward as she jumps down, extend your hands (palms-up) toward the child and encourage her to reach for your hands as she lands.
 - Stress a safe, upright landing.
- Jumping over a low obstacle
 - Discourage children from bending legs too deeply, because they may not have the leg strength to jump from a low squat position.
 - Stress a safe, upright landing.
- Consecutive jumping
 - Can you jump four times as you count to four?
 - How many times can you jump side to side or forward and backward over the line on the floor?

