



Month 10: Jumping

Introduction

Objectives of this month:

1. Caregivers will learn the progression and principles jumping.
2. Caregivers will learn fun and easy ways of incorporating age-appropriate jumping activities into their environments.
3. Children will gain lower extremity and trunk strength, and improve their bilateral lower extremity coordination.
4. Children will explore movement and their physical environments through fun jumping activities which will aid in the growth and development of the entire body.

Importance of Jumping

- This allows children to develop coordination of their lower extremities. This coordination begins with legs moving together, performing the same movement. As jumping and lower extremity coordination progress, children can learn to move their legs synchronously – each leg is performing a different movement, ie. Stride jumping.
- Jumping is a great strengthening activity for the entire body. Children need to possess enough core or trunk strength, as well as lower extremity strength, to propel their entire body weight up in the air, against gravity. As their jumping pattern matures, children also use their upper extremities to assist in the movement (standing long jump) and then see strengthening benefits to the upper extremities as well.
- Jumping provides strong proprioceptive input into the joints of the lower extremities, as well as strong vestibular input. Both types of input assist children in developing improved body awareness (knowing where their limbs are in space). This input can also have the affect of “waking up” or assisting in organizing the nervous system in many children.
- Repeated jumping also provides a great cardiovascular workout for children, causing their heart and respiratory rates to increase in a healthy manner.
- It can just be a lot of fun!!

Reference:

SPARC: Sports and Recreation New Zealand. (2008). Walking, running and jumping. Active Movement.

Parry Sound District Best Start Network

Developmental Expectations for Jumping

- 7-11 months:** Baby will bounce when placed in exersaucer or jolly jumper, alternately flexing and extending knees
- 10 months:** With baby in supported standing, holding an adult's fingers, if the adult stimulates bouncing by moving fingers up and down, the baby will mimic the bouncing by flexing and extending knees
- 23-24 months:** Using a 2-foot take off and landing, toddler will jump forward 4 inches, maintaining balance
Toddler will jump up from the floor with feet together and knees flexed, jumping 2 inches in the air
If placed on a 7-inch step, toddler will jump down without assistance, however, one foot may lead (feet may not stay together)
- 29-30 months:** If placed on a 16-21-inch high step, toddler will jump down without assistance, however, one foot may lead (feet may not stay together)
- 31-32 months:** Child is able to stand with toes at a line on the floor, and jump forward 24 inches using a 2-footed take-off and landing
Child is able to jump down from a 18-24 inch height without assistance using a 2-footed take-off and landing
- 33-34 months:** Child is able to jump over a string held 2 inches off the floor without tripping using a 2-footed take-off and landing
- 39-40 months:** Child able to jump forward 26 inches using a 2-footed take-off and landing
- 43-44 months:** Child is able to hop forward on one foot at least 6 inches forward without the other foot touching the floor
- 45-46 months:** Child is able to jump up in the air at least 3 inches
- 47-48 months:** Child is able to jump forward 30 inches using a 2-footed take-off and landing
Child can hop forward 5 hops on dominant foot, and 3-5 hops on non-dominant foot
- 53-54 months:** Child is able to jump forward 36 inches using 2-footed take off and landing
Child able to jump and turn body so feet land in opposite direction from starting position with hands on hips
Child able to hop on one foot at least 3 feet forward; should be able to do this on the dominant and non-dominant foot
Child able to imitate a jumping jack – may not be fluid in nature
- 57-58 months:** Child jumps over string placed 10 inches off the floor without tripping using 2-footed take-off and landing
- 59-60 months:** Standing on one side of a tape line or rope, child is able to jump sideways back and forth for 3 cycles with hands on hips, feet together, without touching line or pausing between jumps
- 63-64 months:** Child can hop on one foot 20 feet forward in 6 seconds or less without losing balance or letting free foot touch the floor

Reference:

Folio, M. Rhonda., Fewell, Rebecca R. (2002). Peabody motor development chart. Austin (TX): Pro-ed.