



## Month 10: Jumping Preschooler

### **Sock Jump**

Lay a sock or a relatively flat object on the ground. With legs spread and the sock under the preschooler have him jump adducting (closing legs) landing on the sock. Incorporate this into jumping jacks. It will motivate the child to abduct/adduct properly.

### **Jack-in-the-Box**

Have your preschooler crouch down with hands on the floor beside her legs. Then she is to jump suddenly up and reach as high as possible, then come back to the crouch position. Encourage your child to land on her toes first, then her heels, with her knees bent. Do this several times, keeping a rhythm. You may have to model this for your child, and do the activity with her.

### **Jack-in-the-Box**

"Jack-in-the-box"                      *(kids stay crouched down and sing quietly)*  
Sits so still  
Won't you come out?  
YES I WILL!"                      *(jump up and big voices)*

### **Brook Jumps**

Create a "brook" with two ropes or masking tape lines that are closer together at one end than the other. With your child, jump across the "brook", beginning at the narrow end. Gradually move along to jump across the wider end. Encourage your child to land in a crouched position with knees bent.

### **Pre-Skipping Rope Play**

Tie the ends of a rope to two supports so that the rope is about 2-6 inches off the floor. Encourage your child to jump over it. If he thinks this is too high, let him decide how high he wants it. Make sure the rope can easily be knocked down without harming your child.

Hold one end of a skipping rope in each hand and show your child how to swing it back and forth while you jump over it. Give him the rope so that he can imitate you. If he wants to turn the rope so that it goes over his head, encourage him to try skipping. You can also do this with a hula hoop.

### **Obstacle Course**

Create a jumping obstacle course for a group of kids, encouraging them to jump over or down from every obstacle they encounter. Items that you could use include tires, hula hoops, ladders, step stools, balance beams, skipping ropes, cardboard boxes, etc.

### **Did You Ever See a Bunny?** *(sung to the tune of "Did you Ever See a Lassie?")*

Did you ever see a bunny, a bunny, a bunny  
Did you ever see a bunny, that hops – so slow?  
He hops, and he hops, and hops, and hops,  
Did you ever see a bunny, that hops so slow?

Additional Verses: That hops – so fast?  
That hops – backwards?  
That hops – on one foot?

### **Sleeping Bunnies Action Song**

*See the sleeping bunnies*  
(Everyone lies on the floor with their heads down)  
*Sleep till nearly noon,*  
*Come and let us wake them*  
*With a merry tune..*  
*Oh so still,*  
*Are they ill?*  
(Clap hands)  
*Hop little bunnies*  
(jump up and start hopping or jumping)  
*Hop, hop, hop.*  
*Hop, little bunnies*  
*Hop, hop, hop*  
*Hop, little bunnies*  
*Hop, hop, hop,*  
*And stop.*

This song also helps children to practice stopping what they are doing.

### **Hop, Little Rabbit**

Hop, little rabbit, hop, hop, hop  
Hop, little rabbit, don't you stop.  
Hop, little rabbit, one, two, three.  
Hop, little rabbit, hop to me!

### **Bunny Hop Jump**

Act like a bunny and jump, jump, jump

Act like a bunny and jump, jump, jump.

Put your hands on your head like two ears and  
Flop, flop.

Put your hands in front like two paws,  
Now sway them, and stop.

Put your hands on your knees and bend.  
Now jump three times while you turn to the right and do it all again!

### **Jumping with your Toddler**

Ask your child to show you how she can:

- jump forward, landing on the balls of her feet, bending ankles, knees and hips
- jump forward and sideways
- jump and turn, without falling down
- jump like popcorn popping
- jump and reach for a hanging ball or balloon
- jump over a line or rope
- jump over a line or rope with two feet together (the body stays over the line and the feet go from one side to the other)
- jump over a line with open legs, then crossed legs
- jump over a small, low object
- jump over several low objects placed in a row on the ground
- jump like a kangaroo, like a rabbit
- jump from various heights; start low and work up
- jump forward off a box, landing inside a hoop placed on the floor in front of the box

With practice, your child will be able to control her landing and stay balanced.

### **Long, Long, Long Jump**

Take turns jumping forward in a long jump. You take the first jump, then your child starts her jump from where your heels landed. You start from where her heels landed and keep the game going. How far can you go when you work together?

## **Hopscotch**

*This is a preschool learning games that is a VERY basic version for younger children. Older children can play the actual hopscotch game where a rock is thrown and numbers are skipped.*

- Create the squares by drawing with chalk outside, using tape inside, or using square foam mats
- The pattern should go 1 square, 2 squares, 1 square, etc. (or vice versa)
- Label the squares with numbers 1-10 (or however high you'd like to go)
- When your preschooler starts, let him jump or step from number to number. Help him count in order.
- As your preschooler's jumping improves, encourage him to jump 2 feet together on one square and feet apart with one foot on each of the two squares...together, apart, together, apart...
- Once he has that down, try 1 foot on one square and 2 feet on 2 squares...1 foot, 2 feet, 1 foot, 2 feet...

## **Jump for Joy**

- Prepare cards with 1 letter on each card
- Show the children the card with the letter "J"
- Tell them to jump every time that they see the letter "J"
- Show them a card with the word "JUMP" written on it, so that they can see that "JUMP" starts with "J"
- Hold up one alphabet card at a time
- Insert the letter "J" about every 3 or 4 cards
- Play this game using another letter such as "G" for gallop, "S" for sit, "H" for hop, etc.
- You can also play this game with colour recognition, number recognition, etc.

## **Hopping Game**

- Separate the children into three groups, grasshopper, rabbit and frog. Show the children how each of the animals jump
- Have the children act out the actions while hopping in a circle, while you say the following:

*" A grasshopper hopped up to the tree.  
He saw a frog and said "Come hop with me",  
The frog and the grasshopper hopped to a tree,  
And saw a rabbit and said, "Come hop with me",  
They hopped and hopped all around and,  
Finally they stopped and fell down".*

## Jumping Mats

1. Create jumping mats that may include shapes, animals, colours, letters or instruments (lamine the jumping mats for future use).
2. Spread the mats out on the floor and call out a mat for your child to hop to, by naming a colour, letter, number or animal (or whatever else you've created). Continue calling out items and letting your preschooler jump from mat to mat.
3. They can jump to letters to spell their name, or numbers to "dial" their telephone number.
4. Yell "freeze" and your preschooler must stand still like a statue.\
5. Add another layers of fun to your jumping game by having your child perform when they hop to a mat. For instance, if she lands on a number, have her count to that number. Or if the mat is an animal, she can pretend to be that animal. Or if she lands on a letter she can name something that begins with the letter, she can name something that begins with the letter.

## Grocery Bag Locomotion

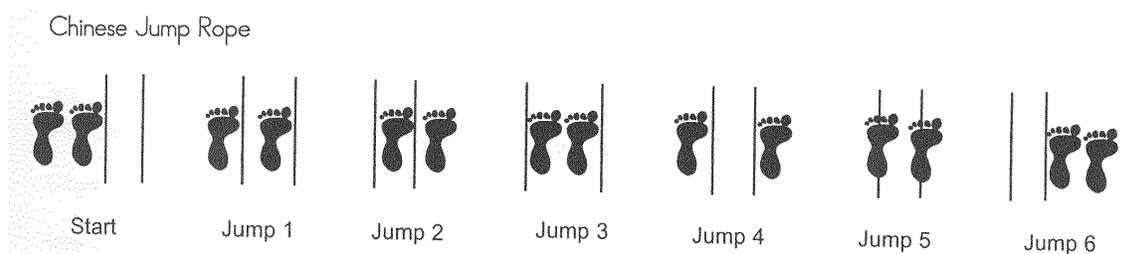
Materials & Supplies: Plastic bags with handles

Activity:

- Give each child a grocery bay and have him stand in it holding onto the handle.
- The children can jump with the bag (like potato sack races) from one wall to another, between chairs, around obstacles or cones, and so on.

## Chinese Jump Rope

(Chinese jump ropes can be found at the dollar store)



Above is a jumping pattern for the kids to follow. To make the jumps more difficult have the players move the elastic to their calves or knees.

References:

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