



Month 10: Jumping Schoolage

Winter Scarf Jumping

Single skipping rope or long scarf or a large rope for groups of three. Whatever songs or rhymes that are known among the children can be sung while skipping. Here are a few examples:

Spanish Dancer

Not Last Night but the night before.
Twenty-four robbers came knocking at my door,
They called me out for the world to see,
And this is what they said to me--
'Spanish dancer turn around,
Spanish dancer touch the ground,
Spanish dancer do the kicks,
Spanish dancer do the splits!'
(the child should do each of the commands while skipping
* (the "splits" is more like making a V)

Spanish dancer, do the split.
Spanish dancer, give a kick.
Spanish dancer, turn around.
Spanish dancer, get out of town.

Spanish dancer, do the splits,
Spanish dancer, do high kicks.
Spanish dancer, clicks a shoe,
Spanish dancer, chooses YOU!

Spelling Hipp-o-pot-a-mus

You've got the hip (put hand on hip)
The "O" (put arms up in the air in the shape of an O)
The "Pot" (put arms in front of you -- still in the O shape -- imagine you're hugging a big pot in front of you)
The "Toe" (lift one of your legs up and touch your toe with your hand)
And the "Miss"! (stop the skipping rope by jumping over it, one leg on each side, when it's on the ground)

(the child should do each of the commands while skipping (er, the "splits" is more like making a V with your legs unless you're really talented)

Skipping with a Hula Hoop

Using a hula hoop the kids can skip.

How high can YOU jump!?

Ask everyone to see how high they can jump. Using tape, make loops that can go around the third finger. Stand next to a wall; demonstrate proper flexion/extension techniques which incorporate the whole body in the process (arms, trunk and legs). When the climax of the jump is reached, hit the tape against the wall. The participant now has a bar set and a goal to beat. Based on the size of the group, split into several smaller groups allowing full participation.

Standing Long Jump

Have the children stand with their arms parallel, swing their arms, jump forward as far as possible onto the mat. Masking tape could also be taped onto the floor at different distances. Can they jump to each distance.

Long, Long, Long Jump

Have the children find a partner. Have the partners line up at starting line. Take turns jumping forward in a long jump. One child takes the first jump, then their partner starts her jump from where the first person heels landed. And you keep the game going until the finish line.

IN THE SEA! ON THE SHORE!

Lay a rope on the ground. Children all stand on one side of the rope, parallel to it (facing sideways, not toward the rope). Leader calls out "In the Sea!" and kids jump sideways to the other side of the rope in one jump. Leader then calls "On the Shore!" and the kids jump back. Leader does this several times except starts to deliberately trick them by saying things like "On the Door!" or "In the Tree!" etc. and also by going faster and faster! Children can only jump when the correct command is given!

A Little Trickier ...

At this age, children should be able to engage in jumping jacks, and same side (left arm moves with left leg) and opposite side (left arm moves with right leg) stride jumps. As a great cardiovascular warm up, have your group perform 1.5 minutes of each type of jumping. How many jumps can they accomplish in 4.5 minutes of jumping?

Hop-scotch

You can use a regular hop-scotch game to teach colours, letters, numbers, shapes or many other concepts. If working on letters, mark each hop-scotch block with a large letter (could be the letters in the child's name). Have smaller, matching letters in a hat or bag. The child picks a letter out of a bag, and has to toss his stone to the matching hop-scotch block, then hop through the game, retrieving his stone. This is repeated until all letters have been selected.

Pillow-case (or grocery bag) Races

This can be done as a relay, so you would only need 2 pillow cases. The children line up behind the starting line, with the first child already standing in his pillow case. The child hops down the course and back, handing the pillow case to the next child in line, who steps into the case and takes his turn. This is repeated until all players have had a turn to jump down the course.

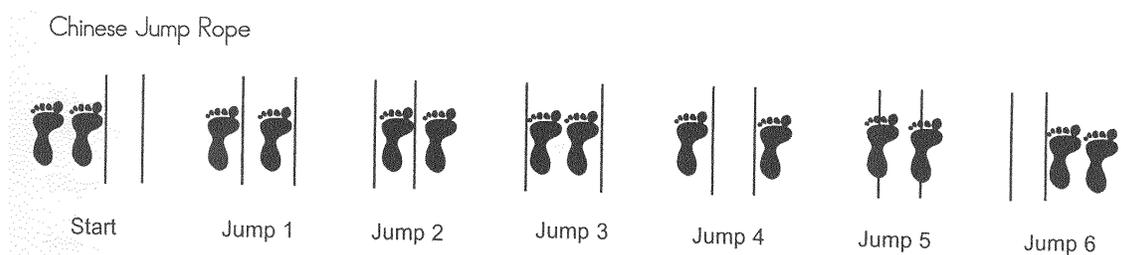
Hankie Hop

Goal: Balance the hankie and hop

- Form two even teams and give each team a handkerchief on his foot and hop to the finish line and back. Then the next person in line goes.
- If a player drops the hankie, he has to (a) start-over OR (b) stop put the hankie back on then keep moving.

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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