

Month 10: Jumping Toddler

Pillow Jump

Using a large amount of pillows and squishy objects, make a pile. The children will quickly get the idea and begin jumping into the pile, enjoying the soft landing.

Sock Jump

Lay several socks on the ground. Ask the toddler to see if he/she can jump over the socks, counting each jump he/she makes.

Dance Time!

Using some upbeat music, motivate the toddlers to bob up and down to the beat. This is the first movement to learn when learning to jump.

Directed Jump

Put a towel on the carpet (or other non-slip flooring) and try helping your toddler jump into the middle, onto a corner, jump backwards off the towel, etc.

Jump while Walking

Make your daily walk to the post-office or nursery school more fun by looking for opportunities to jump. Have your toddler jump over cracks in the sidewalk, or into or over puddles. Support her hands and help her to jump off low heights onto the ground, eg. Off a low wall.

Bouncing Ball

Have your toddler squat down and pretend to be a ball while you kneel beside him. Put gentle but firm pressure on your child's back. Your child pretends to bounce up and down like a ball by straightening and bending his knees.

Bounce Around

Many children enjoy the bounce they get on a bed or sofa (if you don't mind doing this with your child). Supervise your child as she jumps up and down. A safer option may be to use a blow-up air-mattress on the floor. A song to sing while bouncing could be:

Bouncing, bouncing, up and down

Bouncing, bouncing, turn around

Bouncing, bouncing, be a clown

Bouncing, bouncing, hit the ground

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.

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 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?

Hop, Little Bunny

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!

Popcorn Song *(sung to the tune of "I'm a little Teapot")*

I'm a little popcorn in a pot *(huddle in a ball)*
Heat me up and watch me pop *(jump up)*
When I am all white I am done.
Popping corn is lots of fun *(jumping around)*

Jack-in-the-Box

Jack-in-the-box (*kids crouch down and sing quietly*)

Sits so still

Won't you come out?

"Yes I will!" (*Jump up and big voices*)

Bunny Hop Race

Line up the children at a starting line. Signal the start of the race by a whistle, and have the children bunny hop to the finish line.

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.

References:

Byl, John., DeCoste, Keith., Housdon, Fanitsa., Raithby, Andy., Baldauf, Herwig. (2004). Bang for your buck (1st ed.). Cira (ON): The Canadian Intramural Recreation Association of Ontario.

Canadian Child Care Federation, Canadian Institute of Child Health. (2004). Moving and growing (2nd ed.). Physical activities for twos, threes and fours. Ottawa (ON): Canadian Child Care Federation and the Canadian Institute of Child Health.

Gershon, David., Gershon, Judy. (2007). Jigga-jump: Leader's guide. Richmond Hill (ON): All Together Now Entertainment.

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