

As they develop

Jumping Jade

Resources

- Throw-down markers, feet markers
- Measuring sticks, tape measures, chalk

Questions

- How many times can you jump over a spot without landing on it?
- What else could we jump over safely?
- How do you feel when you have been jumping for a while?

Safety & organisation

Ensure:

- the surface is clean and free from obstructions
- the jumping surface can absorb landing, e.g. gymnastics mats or grass areas
- children bend their knees on landing, using the 'Frog Hop' landing

Let's 'Play to Learn'

- Set out a range of playground markings and markers/small equipment for children to jump over in a variety of ways (i.e. ropes, imaginary puddles, rubber hands/feet/spots)
- Encourage children to show a variety of shapes in the air
- Add feet markers before and after to motivate the children to jump for distance by 'Frog Hopping'
- Use throw-down markers as lily pads, ropes as puddles, soft toys as hurdles, etc.



Opportunities to:

- gain increasing control of large body movements
- jump and land safely

Key words

- control, coordination, balance
- jump and land
- frog hop