

# JUMPING (RABBITS AND ROOS)



**Goals:** Children will practice jumping (emphasizing safety) while learning about force and speed (quick, slow).

**Fundamental Movement Skills:** Locomotor—jumping

## Materials:

- Carpet squares, floor spots, or hula hoops (could use chalk if playing outdoors)
- Upbeat music - optional

## Set Up:

Continue using same set-up as previous activity, or use set-up described on page 82.

## How to Play:

- Demonstrate jumping (for height), if able (you may also ask an older child to demonstrate). While demonstrating, use the following cues:
  - *“Everyone squat. Now stand back up. Squat again. And up.”* (repeat a few times)
  - *“Now, everyone stand on their tip toes. Come back down. And up! And back down.”* (repeat a few times)
  - *“It’s important to use your toes to jump. Get in a squat position (demonstrate this), swing your arms above your head, and push through your toes to jump straight up in the air! Land on your toes and come back down to your feet. Let’s practice this!”* (repeat jumping a few times)
- Invite children to participate in the following jumping challenges with you:
  - Jump with feet barely coming off floor
  - Jump with feet coming way off the floor
  - Jump without your feet leaving the floor
  - Jump very quickly
  - Jump very slowly
- Child will alternate taking big or small jumps
  - *“What animals jump?”* (examples: rabbits, kangaroos, frogs, etc.) *“We are going to jump like kangaroos and rabbits!”*
  - *“How do you think kangaroos jump?”* (Demonstrate a big, slow jump, if able.)
  - *“What about rabbits?”* (Demonstrate a small, quick jump, if able.)
  - *“When I start the music, and we are going to jump like Kangaroos (which we will call Roos) or rabbits. Make sure to keep your bubble of space and don’t let it pop by jumping into others!”*
- Call out Roos or Rabbits to have children switch from big, slow jumps to smaller, quicker jumps, reminding children to stay in their bubble as they jump.



## Keep it Safe

Make sure children are landing on the balls of their feet with knees slightly bent. Children will be more confident jumping if they are confident landing.