

# JUMP THE RIVER



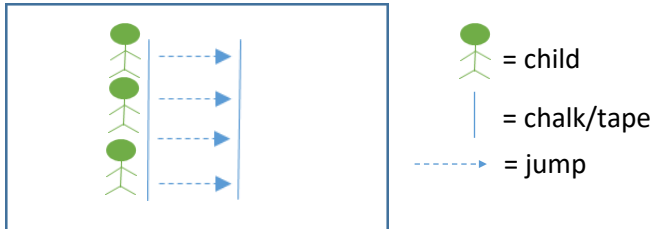
**Gross Motor Skills:** Locomotor—Jumping

**Suggested Age:** 3+ years

**Materials:** Chalk for outdoors or masking tape for indoors

## Set up:

Use chalk/tape to create parallel lines spaced the width that children can jump.



## How to Play:

Have all the children stand behind one of the tape/chalk lines. Demonstrate how to jump across the “river.” Cue the action by saying “jump.” Jump back and forth multiple times, always with all children jumping in the same direction.

## Variations:

- Try jumping different ways – loudly, quietly, or like a frog.
- Incorporate counting by asking children to jump a certain number of times.
- Tell a story that explains why children are jumping across the river (i.e., to make it home, to get to their garden, etc.)



## Modeling Movement

When demonstrating jumping, make sure you exaggerate these steps for children to ensure safe jumping and landing: Bend Knees, extend arms behind you, swing arms forward as you jump, and land on both feet with slight bend in knees.