



## Jumping

Jumping is part of many games and sports. It also helps to develop balance and control over body parts, as well as making the leg muscles stronger. Your child will begin to jump with one foot at a time, then with two feet together. Once you can jump on the spot, you will then learn to jump on the spot a few times in a row. Then comes jumping forwards and higher. Here are some jumping games to play!

- Jack in the Box – squat down low and the 'POP' up!
- Animal jumps – rabbits, kangaroos, frogs
- Shine a flashlight and jump on the light
- Put small boxes around the house to practice stepping up on and then jumping off. You can gradually increase the height.
- You can put hoops on the ground and jump from one to another. You can pretend they are lily pads!
- One child stands in the middle of a circle and swings a rope in a circle on the ground. The other children standing on the outside of the circle and have to jump over the rope when it comes past them.



After learning to jump with two feet, your child will then learn to hop on one foot. Here are some ideas to make hopping fun:

- Try hopping forwards, backwards and sideways
- Hop four times in one direction, then four times in the opposite direction
- Hop to and around various objects. Make sure to switch feet so that your child learns to hop on both feet.
- You can play red light, green light with hopping and jumping

