

# Jump Around

Exercise is essential for healthy development. Research shows that patterns of physical activity in the early years will follow children into later years. As the weather becomes nicer and warmer, it is easier to provide daily active outdoor time. One important skill to practice and master is jumping. The ability to jump looks different in toddlers, preschoolers, kindergarten and school aged children. Early jumpers are not yet able to get their feet off the ground. Being able to jump while lifting both feet off the ground is a huge achievement in the early years and requires both the left and right side of the brain to be working together. Here are some simple jumping activities that will help your young child to further develop their jumping skills.

## Toddlers:

- Hold your child's hands and jump with him/her
- Jump in and out of a hula hoop
- Jump over a skipping rope on the ground or a piece of tape on the floor

## -Sing Sleeping Bunnies

(<https://www.youtube.com/watch?v=BHcFQ9gaMF4>)

Have your toddler lie down as though he/she is asleep. Sing the song, and when told to wake up, hop around on the spot like bunnies (be sure to join in with your child). Lyrics:

*See the little bunnies sleeping til it's nearly noon*

*Shall we wake them with a merry tune?*

*They're so still, are they ill?*

*No! Wake up bunnies!*

*Hop little bunnies, hop, hop, hop*



## Preschoolers and older:

- Skipping
- Jump in and out of hula hoops

## -Play The Floor is Lava

Using 2 sofa cushions, children try to move from one end of the room to the other using the cushions to jump on. If you land on the floor the lava will burn you and you begin again!

## -Long Jump Challenge

Tape a piece of tape to the ground. Start at the line and get your child to jump as far as they can. Measure the distance and beat your best!

