

Name:

Date Assigned:

**FUNDAMENTAL MOTOR SKILL: JUMPING**

**ACTIVITY: Bubble Wrap Jumping<sup>1</sup>**

**Description:** Child pops the bubble wrap by jumping on it.

**Number of participants**



From: <https://www.youtube.com/watch?v=2LykMfVQqlc>

**Skills**

**Physical:** balance, upper and lower limb coordination  
**Cognitive:** visual processing

**Equipment**

- Bubble wrap

**Goal examples:**

- In one minute, the child will be able to jump and pop all the bubbles in a 1m piece of bubble wrap.
- I can jump on the bubble wrap.

**My personal goal:**

Next Check-in Date:

<sup>1</sup> Lloyd, M. (2010). Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities. Ottawa: PHE Canada.

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**Modifications**

<b>To make the activity easier</b>	<b>To make the activity harder</b>
Change the environment	
<ul style="list-style-type: none"><li>• Guide the child so that they stay on the bubble wrap when hopping to decrease <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>• Play music in the background and challenge child to hop to the beat of the music while hopping on the bubble wrap to increase <b>cognitive demand</b></li></ul>

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