

Name:

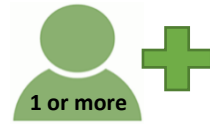
Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Bunny Hop/Jump*¹⁶

Description: Children are asked to perform a routine that requires them to hop/jump. Routine is: stand single file with hands on hips or shoulders of person in front, touch right toe to right side, step right foot in place, repeat, touch left toe to left side, step left foot in place, repeat, jump forward, jump backward, jump forward 3 times, then pause.

Number of participants



Skills

Physical: balance, upper and lower limb coordination, agility, power

Cognitive: selective attention, sustained attention, visual processing

Equipment

- None

Adapted from <https://www.youtube.com/watch?v=J4VzAIApkd0>
For other dance instructions and demonstrations consult <http://notgrass.com/dance>

Goal examples:

- In two-weeks, the child will be able to follow the entire routine with 80% accuracy.
- I can complete the routine with my friends.

My personal goal:

¹⁶ Brooks-Cleator, L., Giles, A., & Johnson, A.M. (2018). *Fundamental Movement Skills: Active Start and FUNdamental Stages Featuring Indigenous Peoples Games. A handbook for generalists and physical education teachers, coaches, and recreation leaders, as well as others tasked with teaching motor skill development*

Name:

Date Assigned:

Next Check-in Date:

FUNDAMENTAL MOTOR SKILL: JUMPING

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Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">Have the child march and take 3 steps forward instead of jump to decrease physical demand	<ul style="list-style-type: none">Repeat the routine with a different leader each time to increase cognitive demand
Change the environment	
<ul style="list-style-type: none">Give verbal or visual cues for what to do next in the routine to decrease cognitive demand	<ul style="list-style-type: none">Place markers approximately 30cm apart to increase distance to where the child needs to jump when doing the routine to increase physical demand

¹⁶ Brooks-Cleator, L., Giles, A., & Johnson, A.M. (2018). *Fundamental Movement Skills: Active Start and FUNdamental Stages Featuring Indigenous Peoples Games. A handbook for generalists and physical education teachers, coaches, and recreation leaders, as well as others tasked with teaching motor skill development*