

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Go the Distance (team jumping)*¹²

Description: From a common start line, the first person jumps as far as possible and marks landing with a cone, next person jumps from the cone, etc.

Number of participants



4 or more

Video/ Picture coming soon:



Skills

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

Cognitive: selective attention, sustained attention, visual processing

Social: awareness of personal space

Equipment

- 2+ cones

Goal examples:

- In 2 weeks, the child will be able to jump a distance of 2m for 3 out of 5 jumps.
- I can jump.

My personal goal:

Next Check-in Date:

¹² 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:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Go the Distance (team jumping)*¹²

Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">• Have the child jump a short distance first to decrease physical demand	<ul style="list-style-type: none">• Have the child jump off of one foot to increase physical demand
Change the environment	
	<ul style="list-style-type: none">• Have the child complete the activity on sand to increase physical demand• Have the child complete the activity at the same time as other children to increase physical demand

¹² 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