

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Hurdles*²⁰

Description: Child runs and jumps over hurdles.

Number of participants



Skills

Physical: running and jumping, balance, upper and lower limb coordination

Cognitive: sustained attention, selective attention, visual processing

Social: understanding of personal space, turn taking

Equipment

- Hurdles

<https://www.youtube.com/watch?v=4fWhTXtwiNI>

Goal examples:

- The child will be able to jump over 3 lower hurdles in a row for 2 out of 3 trials.
- I can jump over the gym lines.

My personal goal:

Next Check-in Date:

²⁰ Coaching Young Athletes: <https://coachingyoungathletes.com/2019/02/11/how-to-make-hurdles-really-fun-for-kids/>

Name:

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FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: Hurdles²⁰

To make the activity easier	To make the activity harder
Change the environment	<ul style="list-style-type: none">• Have the child race with other children to increase social and cognitive demand
Change the equipment <ul style="list-style-type: none">• Use a lower hurdle (i.e., knee height) to decrease physical demand	
Change the task <ul style="list-style-type: none">• Have the child jump over a single hurdle to decrease cognitive demand	<ul style="list-style-type: none">• Have the child run before jumping over several hurdles to increase physical demand

²⁰ Coaching Young Athletes: <https://coachingyoungathletes.com/2019/02/11/how-to-make-hurdles-really-fun-for-kids/>