

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Jump Rope*¹⁵

Description: Child jumps repeatedly while they swing the skipping rope under their feet and over their body.



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

Number of participants



Skills

Physical: continuous hop in coordination with arms, balance, upper and lower limb coordination

Cognitive: sustained attention, selective attention, divided attention

Social: taking turns (if doing activity with more than one person)

Equipment

- Skipping rope

Goal examples:

- The child is able to jump rope for 20 seconds, 3 times in a row using a weighted rope.
- I can swing the weighted rope over my head and jump before it hits my feet.

My personal goal:

Next Check-in Date:

¹⁵ Red Tricycle: <https://redtri.com/activities-games-thatll-make-you-jump-for-joy/z>

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Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">• Have two people turn the rope for the child to decrease physical demand	
Change the task	
<ul style="list-style-type: none">• Practice small jumps with the rope on the ground to decrease physical and cognitive demand	<ul style="list-style-type: none">• Have the child count out loud while jumping rope to increase cognitive demand• Have the child jump rope on one foot to increase physical demand

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