

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Jump the Creek*¹⁰

Description: Place skipping rope on the floor in parallel about 1m apart; children take turns jumping over the “creek”; expand the creek if everyone completes it.

Number of participants



3 or more



<https://twitter.com/mrsaddington5th/status/1003982337036701701>

Skills

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

Cognitive: selective attention, sustained attention

Social: turn taking

Equipment

- Skipping rope or string

Goal examples:

- I will be able to leap over a 1m distance 4 out of 5 times.
- I can jump from one line to another.

My personal goal:

Next Check-in Date:

¹⁰ Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNdamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.

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Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">Place the ropes closer together to decrease physical demand	<ul style="list-style-type: none">Increase the width between the ropes to increase physical demand
Change the task	
<ul style="list-style-type: none">Allow the children to have a running start to decrease physical demand	

¹⁰ Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNdamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.