

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Jump the Shot*¹⁷

Description: Groups form a single circle. One child kneels in the center and swings the rope around about 10-15cm off the ground. Other children attempt to jump over rope as it passes by. Remind the person in the center to keep the rope low to the ground.

Number of participants



5 or more



Adapted from <https://www.youtube.com/watch?v=znrp9i9QDcc>

Skills

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

Cognitive: selective attention, sustained attention

Social: awareness of personal space

Equipment

- Skipping rope

Goal examples:

- In 2 weeks, the child will be able to coordinate their movement to jump over the rope as it passes them.
- I can jump over the rope as it passes.

My personal goal:

¹⁷ 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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Next Check-in Date:

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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 in the center spin the rope higher off the ground to increase physical demand
Change the environment	
<ul style="list-style-type: none">• Have the child in the center spin the rope slower to decrease physical and cognitive demand	<ul style="list-style-type: none">• Have the child in the center spin the rope faster to increase physical and cognitive demand

¹⁷ Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNdamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.