

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Popcorn*

Description: Child starts in a crouched position and jumps up as high as they can.

Number of participants



Adapted from <https://www.youtube.com/watch?v=Rz5LMmmXU5A>

Skills

Physical: jump from a crouched position, balance, upper and lower limb coordination

Cognitive: sustained attention, selective attention, visual processing, auditory processing

Social: understanding of personal space (if doing activity with more than one person)

Goal examples:

- The child can jump to high-five a friend for 5 repetitions, 3 times in a row.
- I can jump.

Equipment

- None

My personal goal:

Next Check-in Date:

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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 an adult support the child during the jump to decrease physical demand	<ul style="list-style-type: none">• Have the child jump to a verbal “pop” cue and vary times between “pops” to increase cognitive demand
Change the task	
<ul style="list-style-type: none">• Start from a squat rather than a crouched position to decrease physical demand	<ul style="list-style-type: none">• Have the child jump continuously (no pause in crouched position before the next jump) to increase physical demand