

Name:

Date Assigned:

## FUNDAMENTAL MOTOR SKILL: JUMPING

### ACTIVITY: *Step, Jump, and Grab*<sup>8</sup>

**Description:** Child steps on a block and then jumps up to grab a scarf.

**Number of participants**



<https://www.youtube.com/watch?v=ifhsmstdsul&t=9s>

#### Skills

**Physical:** balance, upper and lower limb coordination, gross motor skill

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

**Social:** understanding of personal space

#### Equipment

- Small block
- Scarf

#### Goal examples:

- The child is able to increase jump height from 30cm to 45cm in 2 weeks.
- I can jump off of the block.

**My personal goal:**

Next Check-in Date:

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<sup>8</sup> Special Olympics: <https://www.youtube.com/watch?v=ifhsmstdsul&t=9s>

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**Modifications**

<b>To make the activity easier</b>	<b>To make the activity harder</b>
<b>Change the environment</b>	
<ul style="list-style-type: none"><li>• Hold the child's hand when stepping up and/or jumping to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>• Raise the scarf higher for the jump to increase <b>physical demand</b></li></ul>
<b>Change the equipment</b>	
	<ul style="list-style-type: none"><li>• Increase the height of the block for the step up to increase <b>physical demand</b></li></ul>
<b>Change the task</b>	
<ul style="list-style-type: none"><li>• Keep the scarf at the child's eye level to decrease <b>physical demand</b></li></ul>	

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