

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: JUMPING

ACTIVITY: *Wiggly Snake*¹⁴

Description: Two children hold each end of a long skipping rope. From a kneeling or sitting position, the rope holders jiggle in different ways – side to side, up and down, etc. Other players try to jump over the rope without touching it.

**You can also tie the rope to a chair or door handle if not enough children are available*

Number of participants



3 or more

Wiggly Snake

Equipment:

One skipping rope

Activity:

Two older children or adults hold the rope at either end and wiggle the rope on the floor or ground. Individuals then jump over the rope without landing on the snake. The rope can also be wiggled up and down to make it more challenging.

Skills

Physical: balance, upper and lower limb coordination

Cognitive: sustained attention, visual processing

Social: awareness of personal space

Equipment

- Skipping rope

Adapted from https://www.youtube.com/watch?v=Anzli6kxNLM&ab_channel=NiwasaHamilton

Goal examples:

- The child will be able to jump over the rope 10 times in a row.
- I can work together with one of my friends to hold the rope and move it in various motions.

My personal goal:

Next Check-in Date:

¹⁴ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNDamentals Stages – For Children with Developmental and/or Behavioural 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">• Give a verbal warning before changing the way the rope is jiggled (i.e., from side-to-side to up/down) to decrease cognitive demand	<ul style="list-style-type: none">• Have the child try the activity on a softer surface (i.e., grassy field) to increase physical demand
Change the task	
<ul style="list-style-type: none">• Allow the child to step over the rope to decrease physical demand	<ul style="list-style-type: none">• Have the child jump over the rope side-to-side (rather than back-to-front) to increase physical and cognitive demand

¹⁴ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNDamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.