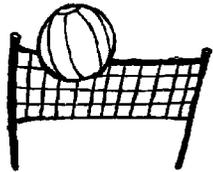


Kindergarten Jump (Horizontal)

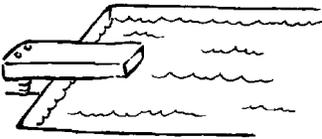
Good jumpers
can play:



Basketball



Volleyball



Diving



Skipping

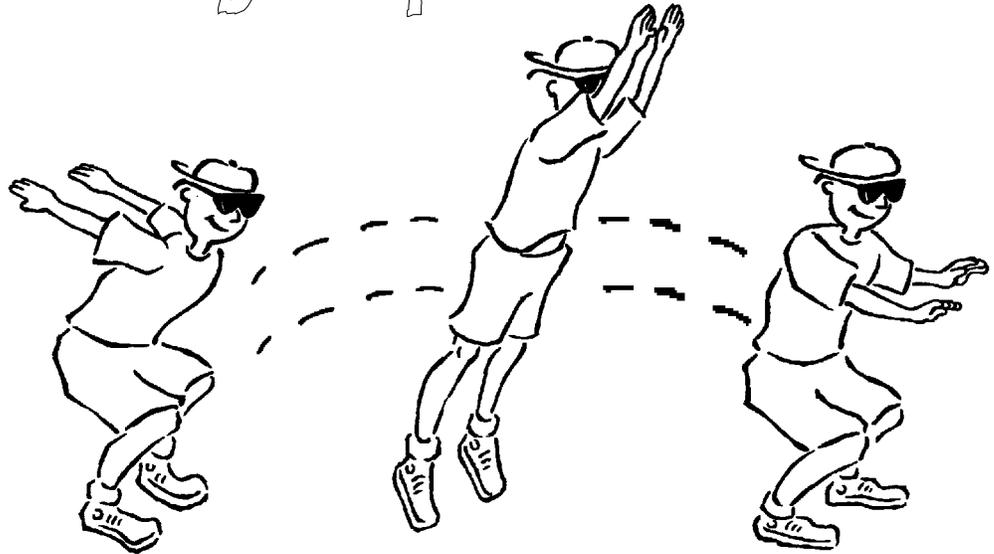


Helpers Say:

"Wow! You looked like a rocketship exploding off the floor!"

"You look like Superman!"

Good jumpers:



1. Reach their arms back.
2. Bend their knees (it's like pushing down on a coiled spring ).
3. Explode off the floor! Push off with their toes and swing their arms upward. Soar like Superman!
4. Make the landing soft and quiet by bending their knees.

It's fun to jump...



➡ over a pillow



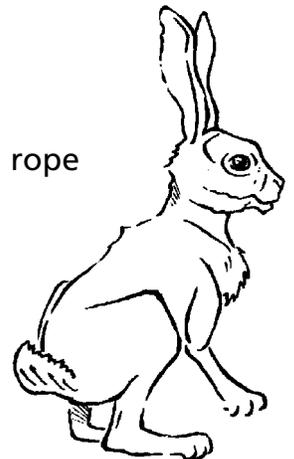
➡ as quietly as possible



➡ over a rope



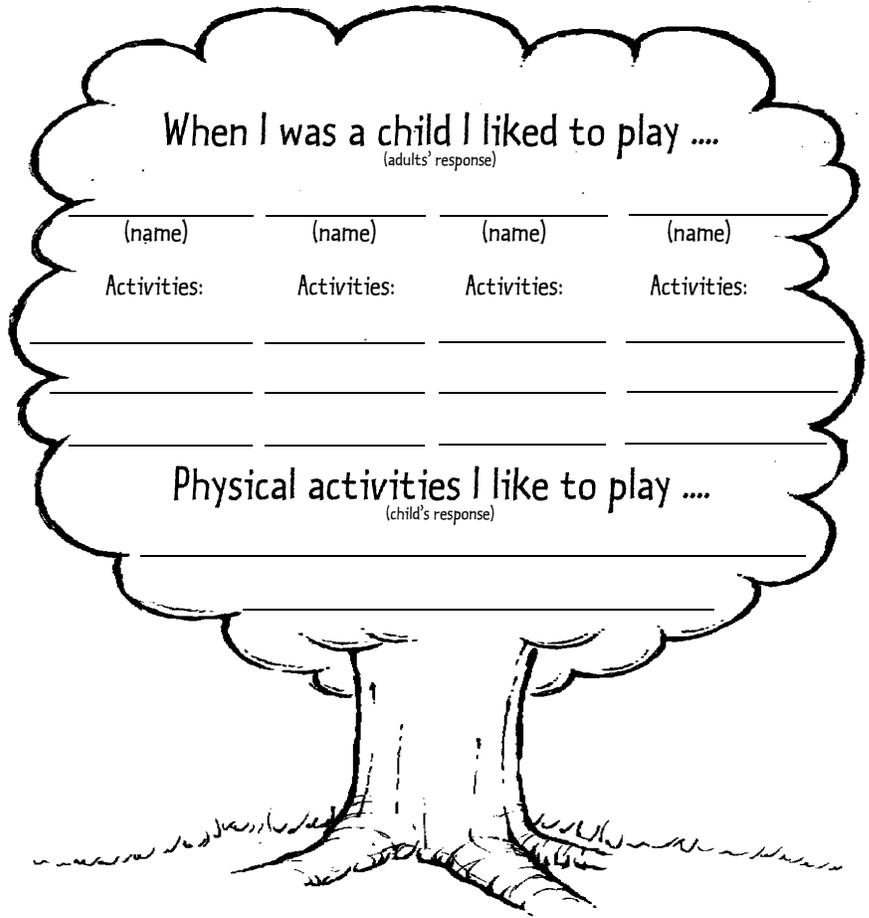
➡ like a rabbit or a frog



Create An Activity Family Tree!

Invite relatives and/or other adults to tell you about the activities they enjoyed as a child. Try to ask different ages/generations.

Helpers can assist you to write their names and activities.



When I was a child I liked to play
(adults' response)

(name)	(name)	(name)	(name)
Activities:	Activities:	Activities:	Activities:

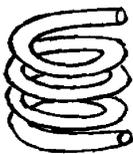
Physical activities I like to play
(child's response)

A Spring In Your Step!

These 3 pictures describe what you should think about as you jump. Draw a star ☆ beside the one that fits with the beginning of the jump; a happy face 😊 for the middle; and a flower 🌸 for the end of the jump.



Superman

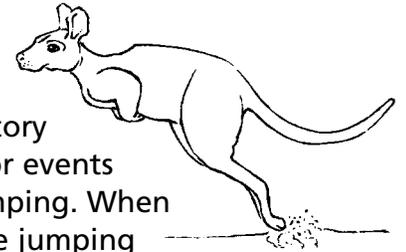


Spring



Quiet

Story Tag!



Start telling a story about animals or events that involve jumping. When you come to the jumping part (e.g. "As I looked closely at the pond, I could see a frog ready to jump from lily pad to lily pad") both helper and child jump like frogs. Then say "tag - you're it" and the other person has to continue the same story until they mention another jumping action (e.g. "then I jumped as high as I could to reach the reddest apple on the tree.")

