

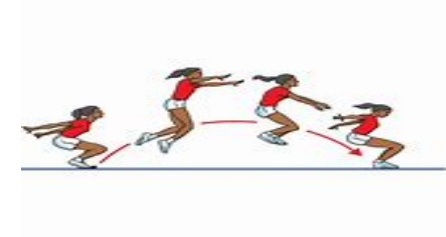
5 Skills for Under 5's

Skill 1: Jumping

Aim: To master the fundamental movement skill of jumping and jump as far as possible!

Task 1: Practice the skill. Jump 2 feet to 2 feet and jump like a kangaroo

Task 2: Practice makes perfect, play the following game to help develop this skill



Skill/Skills	Activity	How to Play	Equipment
Jump for distance	<p>Cross the river</p> <p>1 2 3 4</p>	<ul style="list-style-type: none"> • Child starts at marker no.1 • Jumps 'over the river' to the other side of the 'bank' • Aim – to get to the other side in as fewer jumps as possible • Progress to markers 2, 3 and 4 	<p>X 8 objects such as bottles or tins, gradually set further apart</p>

Points to help your child practice:

Take off and land on both feet

Emphasise the arm swing – ski jump

Can they 'uncoil like a spring'?

Challenge – Can they jump as long as they are high?

