

**Bennettsbridge N.S.**

**Supporting your Child's Learning**



**Fundamental Movement Skill: Jumping for distance**

Jumping is the transfer of weight from one or two feet to two feet. Jumping for distance involves jumping forwards as far as possible from two feet, landing on two feet. Jumping for distance plays a huge role in many playground games such as hopscotch. It is also important in both gymnastics and dance.

Here is a video clip demonstrating the skill of jumping for distance. It shows the developmental stages that children go through on their journey to mastering the skill. (Click on the link and click "Download" to view the video.)

<https://vimeo.com/214481579>

**Activities to try at home:**

- **Kangaroo/dinosaur** - jumps with hands tucked into belly
- **Frog** - squat down with two hands touching ground between legs before jumping. Jump forward and land with hands and feet on the ground
- **Rabbit** - crouch and move hands forward, then jump feet in and repeat
- **Monkey** - crouch low and jump sideways with arms and legs touching ground at same time
- Can you recreate the jumps of any other animals?
- **Dice jump**

Each player rolls the dice. Jump for distance the amount of times shown on the dice. Stop on the spot after completing your last jump and mark your place. Repeat rolling the dice in turn. Which family member can reach the end of the playing area first?

O.Selmon

Class Teacher