

# Leaping

A long step where both feet lift off the ground and the body covers a small distance.



1

Push off on one foot.



2

Reach forward with opposite arm whilst body is off the ground.



3

Land on the opposite foot.

Get moving with **MINI MOVES**





# FIRE Leap

It's hot, it's hot, try and leap over the hot fire spot.



## Equipment:

Chalk (red) or coloured ropes.

## Where to play:

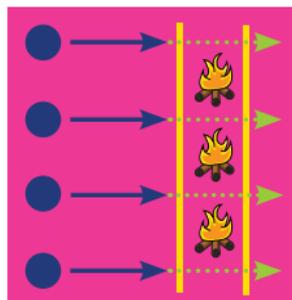
 Outdoors

 Indoors

## Age:

Toddlers & Preschoolers  
(2 to 5 years).

## What does the game look like?



### KEY:

-  Children
-  Fire
-  Ropes
-  Direction of leap
-  Direction of run



# FIRE Leap

It's hot, it's hot, try and leap over the hot fire spot.

## Step 1

With chalk, draw two lines on the ground, or use coloured ropes, placing them 30cms apart, this is the fire spot.

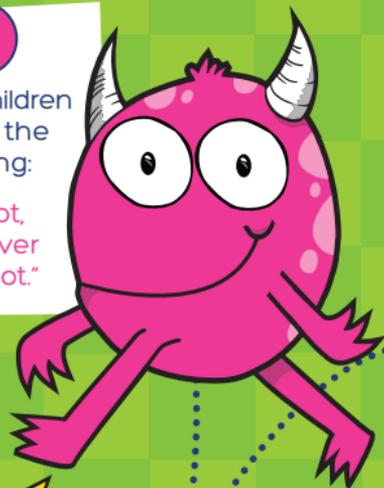
## Step 2

Line children up next to one another, a couple of metres from the fire so that they can take a run-up.

## Step 3

Call "Fire Leap", children then leap over the fire after saying:

"It's hot, it's hot,  
try and leap over  
the hot fire spot."



## Tips:

**EASIER:** Move the lines closer together.

**HARDER:** Move the lines further apart every round or add objects to leap over.



# On the Way to the ZOO



Leap over the reptiles, but be careful, don't get bitten.

## Equipment:

Chalk.

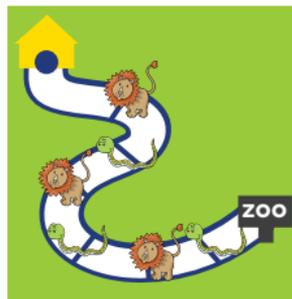
## Where to play:

 Outdoors

## Age:

Toddlers & Preschoolers  
(2 to 5 years).

## What does the game look like?



### KEY:

-  Children
-  Lions
-  Snakes
-  Home
-  Zoo
-  Path



# On the Way to the ZOO



Leap over the reptiles, but be careful, **don't get bitten.**

**Step 1** With chalk, draw a path for children to follow, marking reptiles (lines) along the path for children to leap over.

**Step 2** Tell children to follow the path to the zoo, but watch out for the reptiles (lines) that have escaped.

**Step 3** As children walk along the path, tell them to leap over the reptiles (lines) so they don't get bitten.

**Step 4** Once all children have reached the zoo, tell them the lions (lines) have escaped.

**Step 5** Children now run and leap over the lions (lines) and "roar" as they make their way home along the path.



**Tips:**  
**EASIER:** Take out steps four and five and children leap over reptiles on their way home from the zoo.  
**HARDER:** Make the path longer with more bends in it.



# FROG Splash

Leap from the lily pads, but don't fall in the water and make a splash.

**Equipment:**  
Hula hoops or mats.

**Where to play:**



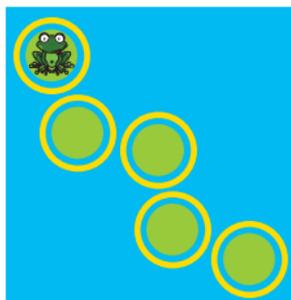
Outdoors



Indoors

**Age:**  
Toddlers & Preschoolers  
(2 to 5 years).

What does the game look like?



**KEY:**



Frog (children)



Hula hoop/mat  
(lily pad)



Frog pond/water



# FROG Splash

Leap from the lily pads, but don't fall in the water and make a splash.

## Step 1

Randomly arrange the hula hoops/mats on the floor in the classroom or outside.

## Step 2

Ask your class to imagine the floor is a pond and the hula hoops/mats are lily pads.

## Step 3

Taking turns, each child embarks on the Lily Pad Adventure, leaping from one lily pad to the next, until they have reached the end.

## Step 4

If at any time a child loses balance and falls off a lily pad they call out "splash" and start again.



**EASIER:** Place lily pads in a straight line or closer together.

**Tips:** **HARDER:** Each child starts on a lily pad. Allocate a bullfrog (tagger) and on "go" children leap from lily pad to lily pad. If the bullfrog lands on a lily pad already occupied, they yell "splash" and that child becomes the bullfrog.