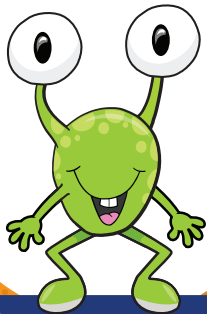


Jumping

Action of **pushing off** the ground with both feet and landing on both feet.



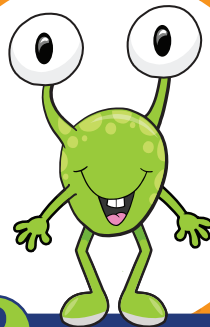
1

Bend knees.



2

Push off the ground reaching arms high above head.



3

Land with knees bent for balance and swing arms downwards.

Get moving with **MINI MOVES**





5 Cheeky Monkeys

Five cheeky monkeys are jumping on the bed. Who will fall off?



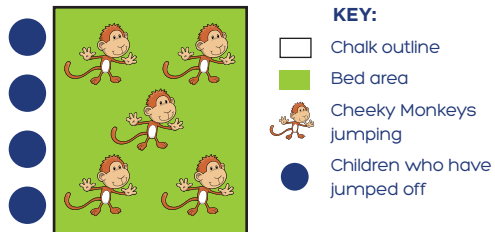
Equipment:
Chalk.

Where to play:





-  Outdoors
-  Indoors

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

What does the game look like?



KEY:

-  Chalk outline
-  Bed area
-  Cheeky Monkeys jumping
-  Children who have jumped off



5 Cheeky Monkeys

Five cheeky monkeys are jumping on the bed. Who will fall off?

Step 1

Draw a square (bed) with chalk and have all the children stand on it.

Step 2

Practice the Five Cheeky Monkeys song with the class.

Step 3

Start the song and have all the children jump along.

Step 4

Following the song, call out a child's name that has to jump off.

Step 5

Change the number of monkeys after each child jumps off.

Step 6

Children off the bed now jump around the edge of the bed singing along until no more monkeys are jumping on the bed.

Song Sample

"(number) cheeky monkeys jumping on the bed.
(child's name) fell off and bumped her/his head.
Mama called the doctor and the doctor said,
no more monkeys jumping on the bed."



Tips:

- EASIER:** Have all children jump off the bed in each round.
- HARDER:** Divide the class into small groups, choosing a child from each group to choose who jumps off the bed.



COLOUR Jump

Listen for the colour, take aim and jump.



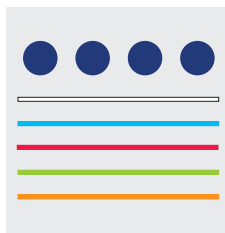
Equipment:
Coloured chalk

Where to play:




-  Outdoors
-  Indoors

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

What does the game look like?



KEY:

-  Start line
-  Coloured lines
-  Children behind start line



COLOUR Jump

Listen for the colour, take aim and jump.

Step 1 Draw a line for children to start on.

Step 2 From the start line draw parallel lines along the ground every 15cm, using a different colour for each line like a rainbow.

Step 3 Take turns calling out different colours.

Step 4 When a colour is called children have to jump to that colour, turn around and jump back to the start line.

Tips:

EASIER: Each child chooses which colour to jump on.

HARDER: Children take turns to throw an object and the colour it lands on cannot be called out in that round.





Don't Crack the EGG!

As you jump, be careful not to crack the egg.



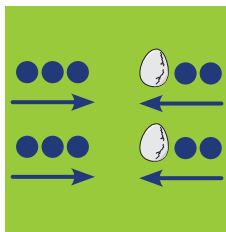
Equipment:
2 x soft balls or balloons.

Where to play:

-  Outdoors
-  Indoors

Age:
Preschoolers
(3 to 5 years).

What does the game look like?



KEY:

-  Children waiting
-  Direction of movement
-  Children with egg (ball/balloon)



Don't Crack the EGG!

As you jump, be careful not to crack the egg.

Step 1

Divide children into four groups. Have two groups form lines opposite the other two groups (in relay format).

Step 2

Begin at one end and ask the two children at the start to balance the ball or balloon in between their legs, explaining that the ball or balloon is an egg.

Step 3

Instruct children to jump to the group opposite them, keeping the egg safe between their legs to avoid it cracking.

Step 4

Once they reach the other team, they pass the egg to the next team member.

Step 5

Repeat until each child has had a turn jumping.



Tips:

EASIER: Ask each child to pretend they have an imaginary egg in between their knees.

HARDER: If a child drops the egg it cracks and they have to go back to the start and get another egg before trying again.