



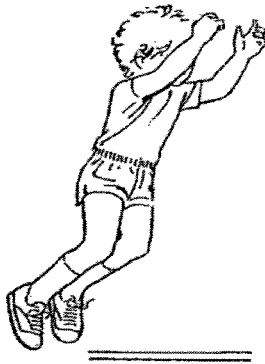
George Jeffrey
Children's Centre
ENRICHING CHILDREN'S LIVES

SKILL: JUMPING



Emerging:

- Jump is more upward than forward
- Pushes off mostly with one leg but encourage two feet leaving the ground simultaneously
- Little use of arms
- Hold hands when initially learning to jump
- 20 to 23 months of age



Developing:

- Swings the arms and bends the knees
- Jumps in a forward direction
- Lands on two feet
- Encourage your child to jump as far as possible
- Begin jumping over objects (e.g. rope) a few inches high
- At 3 to 3 ½ years, jumps forwards; by 4 years, jumps down 12 inch height



Mature:

- Swings arms back to prepare and then vigorously overhead while jumping
- Lands with feet in front of body
- Practice jumping for distance, speed and changing directions
- At 5 ½ to 6 years, jumps over objects up to 8 inches high and forward 38 inches

Games to help you learn how to jump

- **Jump Around** – play music and have your child jump around on the spot until the music stops.
- **River Bank Jump** – make two lines with yarn, skipping ropes tape or chalk, call out “on the bank” or “in the river” to have your child jump in and out of the river or across the river.
- **Helicopter** – hold a skipping rope at one end and spin it around in a circle, have your child jump over the rope each time it gets to them.
- **Skipping Rope** – tie one end of the rope to an object and turn the other end of the rope while your child jumps each time the rope comes around.