

ACTIVITY PLAN 24 – LILY PAD JUMPING

Aim

To improve jumping and running skills

Age

3-5 years

Equipment

Coloured chalk, markers or masking tape

Area required

Large outdoor space

Time

10 minutes

How?

On a soft-fall or grassed area, mark a start line for children to stand on. Use chalk, masking tape or carpet squares to mark four "lily pads" or "spots" stretching out in a straight line from the start (the distance between the lily pads should be suitable for children to jump from one lily pad to the next).

Place a final marker approximately 5-10 metres from the last lily pad. Repeat this action to create a further four to five lines of lily pads. Use different colours for each row of lily pads so children know which row to follow.

Children jump like a frog on each lily pad (or like a kangaroo) in their row, they then run out to and around the final marker and back to the start. Repeat the activity.

Easier

Move lily pads closer together. Remove lily pads and have children jump on the spot before running to and around the marker.

Harder

Move lily pads further apart.

Ask children to jump in different directions (forwards, backwards, sideways).

Use different colours for the lily pads and ask children to jump on specific colours (e.g. only red lily pads), in set colour combinations (e.g. red/blue/blue/red) or ask them to miss a spot.

Ask children to hop instead of jump (note: children aged four years and older should be able to progress to this level).



Key points

Skills involved in jumping:

- Start by standing with feet shoulder-width apart on the line
- Bend the knees
- Bring arms behind the body
- Push off with the feet
- Extend the legs with force
- Swing the arms forward and upwards in the jump and land with them out in front for balance.

Skills involved in running:

- Arms should move in opposition to the legs, and elbows should be bent
- There should be a brief period where both feet are off the ground
- Ensure there is a narrow foot placement, landing on the heel or toe rather than flat-footed
- The non-support leg should be bent to approximately 90 degrees.