

# Jump and Land Circuit

## *Activity*

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.1, 8.1, 8.2, 8.3

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- participate actively in creative movement activities
- demonstrate spatial awareness
- demonstrate control of large muscles with and without equipment
- demonstrate balance, whole-body coordination, and flexibility in movement

## Equipment

- 2 small pylons, or a box or low hurdles 2 benches
- 5 skipping ropes
- 5 hoops
- Mats

- 2 benches
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the furniture/walls. Remind children to be cautious when moving, and to be aware of personal space.

## Assessment Opportunity

EL-K Team observation of children's demonstrated application of creative movement, active participation, spatial awareness, large muscle control and balance can be recorded on the Anecdotal Recording Chart.

## Jump and Land Circuit

Set up the equipment for the jumping and landing circuit. Children move around the stations in the circuit, exploring the various activities:

- **Jump Over:** (Vertical) Children jump over low hurdles or a box or two cones with a skipping rope tied between the pylons at a height of 30 cm.
- **Jump In:** (Horizontal) Children jump hoop to hoop landing inside each hoop on two feet.
- **Jump Like A...:** (Horizontal) Children jump between two ropes or lines like various animals (e.g., rabbit, frog, kangaroo).
- **Jump Up:** (Vertical) Children climb up on a bench, jump up making a star shape in the air and land on two feet. Encourage children to try other shapes.
- **Jump Off:** (Vertical) Children jump off a bench and land in a hoop, which is placed on a gymnasium mat. They should try forwards, backwards and sideways jumps.

## Notes to EL-K Team

- Remind children of stop and go signals when rotating stations.

- Review jumping technique tips: legs bend and extend, arms swing up, push off the balls of feet of both legs at the same time.
- Review landing technique tips: knees bent, arms out for balance, head up, feet shoulder width apart (resembles sitting on a motorcycle, landing should be stuck to the floor or mat.)
- Horizontal – Land with both feet at the same time, on your heels, soft and quiet.
- Vertical – Land with both feet at the same time on your toes, soft and quiet.
- Use pictures to remind children of the tasks at each circuit station.
- Post pictures of animals at the “Jump Like A...” station to add variety to the movement exploration.

## Connection Questions to Expand and Enhance Play

- Why is it important to follow the safety rules at each station?
- What can you do to land safely and in control?
- How many different shapes can you make when jumping off the bench?