

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?