

## Jumping

Learning to **jump** off the ground is part of typical child development and this skill takes balance, coordination and strength and helps with activities such as riding a tricycle, stairs, inclines, etc.

### What is age appropriate?

<b>2 - 2½ years</b>	Jumps off the floor with both feet
<b>2½ - 3 years</b>	Jumps off low step
<b>3 - 3½ years</b>	Jumps forward on both feet
<b>3½ - 4 years</b>	Hops on preferred foot
<b>4 - 4½ years</b>	Jumps over a rope 2 inches high
<b>4½ - 5 years</b>	Jumps backward
	Jumps a stationary rope 4 inches high
<b>5 - 5½ years</b>	Hops on one foot several times in a row
<b>5½ - 6 years</b>	Jumps forward 3ft with both feet
	Starting to jump rope by self

### Learning to Jump

- Steps in learning to jump:
  1. Give your child a cue to squat down really low, like a frog, wait a second and then JUMP, encouraging them to rise up on their toes. Sometimes, this hint to squat gives them just enough momentum through their legs to boost them off the ground! This will also strengthen the muscles needed for jumping and can be used in any of the following steps.
  2. Bouncing on a springy surface (such as couch cushions or a mattress on the floor) while holding on. Hips/knees bend, feet stay on the ground.
  3. Bouncing on a springy surface while holding on. Goes up on tiptoes.
  4. Jumping on a springy surface while holding on. One or both feet come off the ground.
  5. Jumping on the floor while holding on (to couch, table, one hand held). One or both feet come off the ground  
(Steps 2-5 can be progressed and done without holding on)

### Progressing Jumping

Once your child is able to jump up, start encouraging the following:

- Jumping forward
  - Try jumping over a taped line, a one-inch rope, a favourite toy
  - Make a target. Tape a piece of paper or stick a sticker to the ground a few inches in front of your child. On the count of 3, say JUMP! See if they can land on it. As your child gets better, make the target smaller or ask them to jump from a greater, though still safe, height.
  - Encourage your child to swing arms as in a long jump style
  - Try jumping 2-3 times forward in a row

- Jumping Off a Step: This combines jumping forward and jumping down. Most kids start with feet and arms in a "jumping position" then step off.
  - Start with both hands held – have child bend knees and help them jump off. Remind them to land on two feet.
  - Try with one hand held and then try independently. Use verbal reminder to land on two feet.
- Jumping up and down in succession

## Jumping Activities/Games

- Hop on one leg, then the other (count how many times)
- Jump to pop bubbles! Blow bubbles low to the ground for your child and see if they can jump up and pop them
- Practice jumping like various animals such as hopping like a bunny, kangaroo and frog
- Feet together jump/hop forward and backward, side-to-side
- Jump over small objects such as a string on the floor and then raise it an inch at a time
- Jack in the box jump ups
- Five Little Monkeys Jumping on the bed (jump on pillows/cushions)
- Jump feet together feet apart, hop with only one foot, alternate feet through hula hoop maze
- Jump over bean bags placed in a circle or other shape
- Jump sideways over rope from one end to the other
- Hop along a line/path or around an obstacle course
  - Can use tape for a line or construction paper (cut out circles/shapes) in a windy path and have child jump from one shape to the next
  - Set up an obstacle course at home with different objects and toys for your child to jump over
- Hopscotch – switch from jumping with 2 legs to one leg,
- Jump down from small heights (bottom stair step, outside curb)
- Leap frog
- Potato sack race (jumping bags)
- Jump rope

