

» Jumper

The Jumper develops strength and co-ordination in the legs. The ability to jump is a core element of many games and sporting activities.

'Can you land comfortably on both feet?'



» WARM UP IDEA: RABBITS

- Agility Mats laid out randomly around the room
- Children asked to jump around the room jumping over the Agility Mats when instructed
- Children asked to jump around the room in a variety of ways (monster jumps, tiny jumps, high jumps and bunny hops)

» BUILD IT UP Children asked to find a partner and then find an Agility Mat...

Partners stood one behind the other on one side of the mat facing the teacher. Each child completes each stage a few times before moving to the next stage.

1

Jumping on the mat
Jump high
Jump low to high

2

Jumping over the mat/river
(jumping and landing on two feet)



3

Jumping from one foot and landing on two feet then, jumping from two feet and landing on one foot

4

Jumping over the mat
(jumping and landing on the same foot)

» Jumper

» TAKE IT FURTHER

- Increase the number of mats
- Introduce a wedge at the end of the first mat to provide a focus for height and distance

» TEAM RELAY

- For each team – 4 Agility Mats laid out in a line, a metre apart
- Children split up into teams, lining up behind a cone
- Member 1 must Step on to each mat before turning and jumping on each mat back to their team to tag member 2
- The first team sat down in a line are the winners

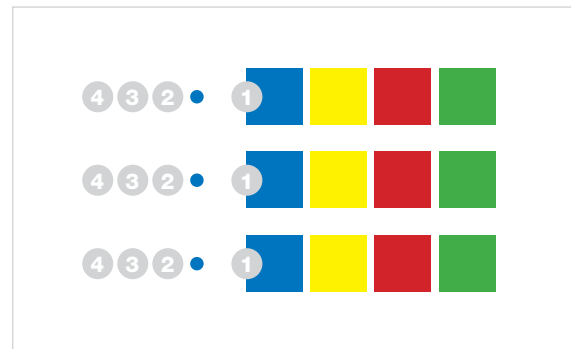


Body Aware

- The body motions are smooth and powerful
- Arms assist the jump and in flight balance
- Landings controlled with bent knees

» THE INFANT ATHLETE - ACTIVITY

- The Jumper starts behind the edge of the first Agility Mat
- Both take off and landing should be with two feet
- Provide estimated measurement – each Agility Mat is 50cm square
- Each child has three jumps with the furthest taken as their score



You will need:

- 4 Agility Mats • 3 Connectors

» RECOMMENDED JUMPER LEVELS

A child becomes an Infant Athlete – Jumper when they can jump the following distances:

Reception	Clear the 2nd mat
Year 1	Toes on the 3rd mat
Year 2	Completely clear the 2nd mat