

Locomotor Activities

Encourage the correct landing technique for jumping!

Land in motor bike position

- Knees bend
- Arms straight out in front
- Head looking forward



Number Jumping

Children move around in space. One child rolls a dice and when the number comes out the children have to stop and jump the number of jumps showing on the dice.

Bubble Jumping

Teachers or parents blow bubbles into the air. Children have to jump up and hit the bubbles before they land.