

Jumping /Hopping Activities



- Jump on a spot on the floor, both feet together or 1 foot at a time.
- Jump forward from a starting line with both feet at the same time (double leg hop).
- Trampoline – Jump with both feet at the same time, feet together/feet apart, 1 foot in front/1 in back & switch, single leg hop while holding onto a bar for safety.
- Jump from hoop to hoop, circle to circle, over a rope.
- Jump sideways – back and forth, forwards and back.
- Jump over object, bar, or obstacle. Progressively get higher.
- Jump down from a higher point. Progressively get higher.

