



Jump the Creek



be fit for life
moving alberta

Equipment

- Open activity space
- Lines on ground (tape or rope)

Activity Description

- Have participants choose a line to stand behind.
- Ask participants to show you 5 different ways to get over that line.
- Using the movement list provided on this card, ask participants to get over their line by hopping, jumping, or leaping.
- Progress to having participants jump over 2 lines set 1 foot apart.



Movement List

- Jump
- Hop
- Backwards jump
- Side jump
- Turning jump
- Big leap
- Tuck jump
- Explosion (jumping jack in air)

Skills Explored

Jumping, hopping, leaping

Tips...

- Swing your arms to create momentum for the jump
- Bend your knees and explode over the line

Safety

To ensure proper landing and to protect joints, land as softly and quietly as possible

Remember...

Jumping and hopping are great resistance activities that help build strong muscles and bones, in addition to improving posture.

Variations...

- Little or no equipment is necessary for this activity. To increase the challenge, use equipment such as hurdles. Hurdles can be made by taping a hockey stick or a pool noodle across 2 widely spaced pylons.
- Play follow-the-leader with a partner or small group

