ACTIVITY PLAN 19 – JACK-IN-THE-BOX

Aim

To develop the ability to jump

Age

24-35 months

Equipment

Carpet spots, chalk or masking tape

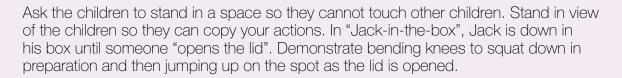
Area required

Indoor or outdoor space of suitable size

Time

Maximum of five minutes

How?



Easier

Hold the children's hands while they attempt to jump or have them hold on to a chair for support. Start with children completing one single jump at a time.

Harder

Increase the number of jumps up to two, then to four at a time. Jumps can be on the spot, along a line, over the line or from a low step.

Key points

- Instruct children to stand with their feet slightly apart.
- Ensure the children bend their knees in preparation for jumping and can "pop up" quickly as the lid is opened. This will increase the potential for children to actually clear the ground and successfully achieve jumping.

