



Jumping



Whether you are jumping rope in PE class, jumping to catch a ball at recess or jumping over cracks in the sidewalk, jumping is an activity that you do everyday. Even though our bodies can jump without us having to think about it, jumping uses nearly every muscle in your body. The following Active@Home™ cards will introduce you to jumping activities that will strengthen your muscles, improve your balance, make you sweat, and will be sure to leave you jumping for joy!

@Home
Equipment Substitution

- Outdoor bases
- Sheets of paper
- Unwanted junk mail

Jumping

The following cards will introduce you to a series of jumping activities using spots, but you can use just about any flat surface. When performing these activities it is important that you use proper form. When making a jump:

- **Get Ready:** Make sure you are in a balanced position. Bend your knees, keeping most of your weight on the balls of your feet. Your heels will start to lift off the floor. Keep your back straight and extend your arms behind your back.
- **Jump:** Push up with your legs, feet, and arms in smooth motion; target where you will land. Longer jumps will require you to have to bend more at your knees (crouch) and push up hard and fast to get more distance. Shorter, quicker jumps can be made mostly with your feet and require little leg bend.
- **Land:** Land on the balls of your feet and bend your knees as your feet hit the floor. Try to land as softly as possible and concentrate on keeping your balance.

Tips and Reminders:

1. When practicing jumping, be sure to wear proper-fitting athletic shoes. Do not practice in bare feet or sandals.
2. Concentrate on proper form first. The speed or distance of the jump is not as important as jumping with good form.
3. It's always a good idea to stretch your muscles before exercising. Spend 5 minutes stretching your legs, arms and body before starting.

While there are many types of jumps we will focus on three. Below is a brief description of the three types of jumps you will see in the activities on these cards.

Two-Foot Jumps



Using both feet to jump is the easiest jump thanks to the added balance and strength of using both legs. This jump will allow you to jump the farthest as well as jump the quickest from spot to spot.

One-Foot Jumps



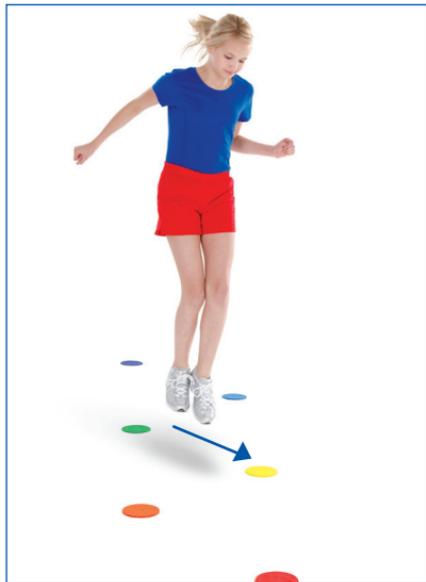
Using one foot to jump is much more difficult but it is great for improving balance and strength. When making a one-foot jump remember that you will not be able to jump as far or as fast as you can using two feet.

Changing Directions



To change direction while jumping you will rotate your body in the air as shown in the pictures. Whether on one foot or two, changing directions from jump-to-jump is a great way to further develop agility and balance.

Staggered Jump



1. Lay the vinyl spots in two rows of three in a staggered pattern as shown. The spots should be about 2 feet apart.

2. Facing forward, jump with two feet from spot-to-spot from one end of the course to the other.



Challenge: Complete the course 5 times while jumping on each spot.

Harder Challenge: Complete the course 5 times while jumping on each spot once using a one-foot jump.

Spin Cycle



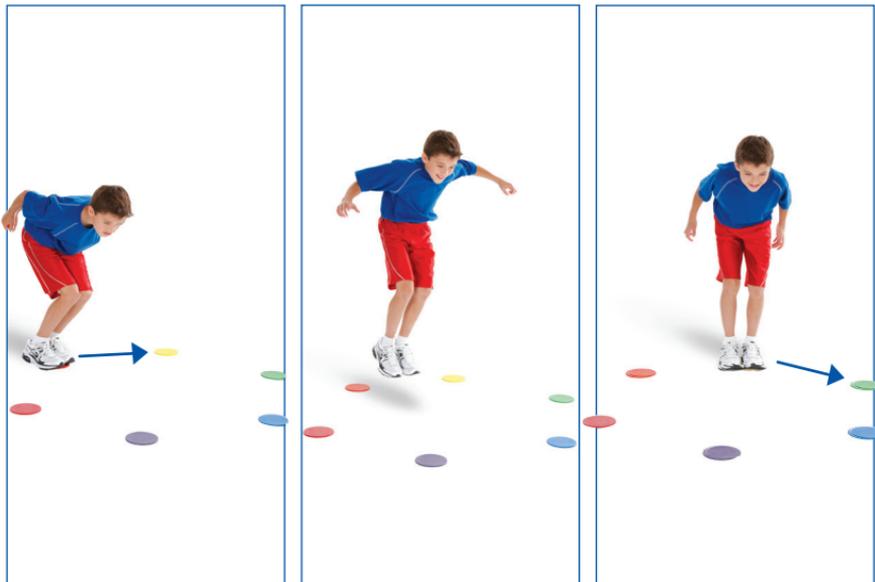
1. Lay the vinyl spots in a single row as shown. The spots should be about 12 inches apart.

2. Jump on one foot from spot-to-spot, changing the direction you're facing with every jump (forward, right, backward, left). Jump from one end of the course to the other.

Challenge: Complete the course 3 times on your right foot and 3 more times on your left foot. Try not to let your other foot touch the ground while completing the course.

Harder Challenge: Balancing on one foot, touch the ground with one hand between jumps.

Circle Jump



1. Lay the vinyl spots in a circle as shown. Make sure each spot is no more than 2 feet apart.

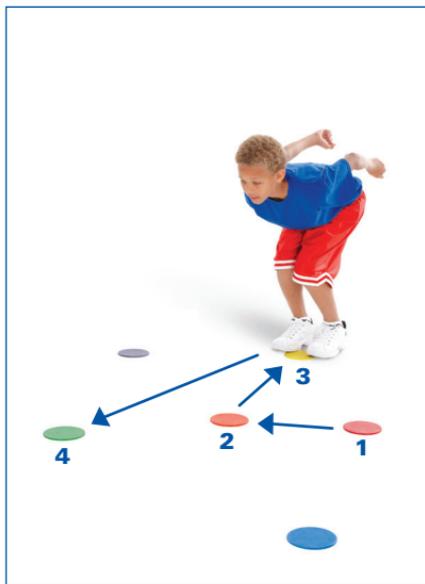
2. Facing the center of the circle, jump with two feet from spot-to-spot around the circle.

3: Complete the circle in one direction, then switch directions and complete the circle in the other direction.

Challenge: Complete the circle in both directions; first using a two-foot jump and next using a one-foot jump.

Harder Challenge: Using the change of direction jump, complete the challenge as described above while changing directions with every jump.

Rainbow Jump



1. Toss vinyl spots on the floor in no set pattern.

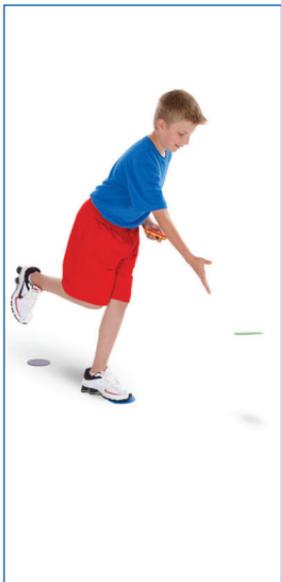
2. Jumping with two feet, follow the pattern of the rainbow (red, orange, yellow, green, blue, purple).



Challenge: Complete the Rainbow Jump course 5 times.

Harder Challenge: Completing the Rainbow Jump course using the change of direction jump (change direction with each jump).

Drop-N-Pop



- 1.** Toss a vinyl spot down in front of you and jump on it using a two-foot jump.
- 2.** Continue tossing one spot at a time and jumping to it until you run out of spots. Toss the spots in a variety of directions and distances.
- 3.** On the last spot, turn around and complete the course in reverse order.

Challenge: Follow the same instructions but complete the course with a one-foot jump as shown.

Harder Challenge: Complete the course using the change direction jump.