

# JUMPING

with Franky the Frog

for pre-schoolers 3-5 years



## DESCRIPTION

Jumping is the action of pushing off with both feet and landing with both feet. It can be divided into three parts – the take off, flight and landing.

## POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for jumping
- Start with the 'Who can jump like Franky the Frog?' activity, it's a good idea to practice jumping on the spot before trying other ideas like jumping forwards
- Try to identify the reason/s as to why a child is having difficulty jumping, try breaking up the action into simpler parts. Work on single components such as arm swing, landing on two feet or bending knees
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of jumping
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

1 Put your feet next to each other and get ready to jump by bending your knees and getting down nice and low

2 Push your arms as far as you can behind you

3 Now swing your arms forward and reach for the stars and jump forward like Franky the frog

4 Land with both feet together



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## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Jack in the box.



## WHO CAN JUMP LIKE FRANKY THE FROG?

### Game Set up

Children spread out in a defined area

### Activity

Who can jump?

- |              |           |                    |
|--------------|-----------|--------------------|
| Forwards     | Backwards | Loudly             |
| Fast         | Slow      | In a straight line |
| In a zig zag | High      | Low                |

Franky says "Don't forget to use the FMS lanyard to help you detect and correct!"



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## FROG JUMP

Uses rhyme and markers to teach and enhance children's ability to jump.

### Equipment

- Coloured chalk or carpet squares
- 'Jumping' Fundamental Movement Skill Lanyard

### Game Set up

- In an appropriate space, mark out a start line
- Use chalk, masking tape or carpet squares to create four 'lily pads' in a straight row. Repeat this row of lily pads two or three times – using different colours for each row of lily pads. Place a marker at the end of each row of lily pads – about 10 metres away from the start line

### Activity

Start the game with all the children in a group facing the educator. Educator sings 'Der Glumph' song – but changes the words 'Der Glumph' to 'A Jump' – while children practice jumping.

Demonstrate to the children how to jump like a frog on each lily pad in the row, then run around the marker and back again to the start. Children then take turns. To change the experience put the templates in a zig zag pattern or give the song an Australian feel by singing 'A jump went the Kangaroo last night'.

### A Jump

'A jump went the little green frog last night  
A jump went the little green frog  
A jump went the little green frog last night  
And his legs went jump, jump, jump!  
But – We all know frogs go  
Clap – La de da de da, Clap – La de da de da,  
Clap – La de da de da.'



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## BUBBLE BLOWING

Uses the environment to enhance children's ability to jump.

### Equipment

Bubble mix (water and detergent) and a bubble blowing stick

### Game Set up

Spread the children out in a defined area

### Activity

Blow bubbles and instruct children to jump, catch and burst the bubbles with their hands



## CAN YOU CROSS THE RIVER?

### Equipment

Chalk, skipping ropes or marker cones

### Game Set up

- Place the rope in two lines or draw two lines with chalk to form the river
- Ask the children to form one line behind the "river" allowing enough room for the first child to prepare for their jump

### Activity

- Children have to jump over the river
- Encourage children to raise their arms in the air to get further distance
- As the distances become longer, extend the width of the river to provide a further challenge

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: Simon Says, adapt movements to be more relaxing, for example ask children to roll shoulders and breathe deeply.**

