

Jumping Lines

Instructions:

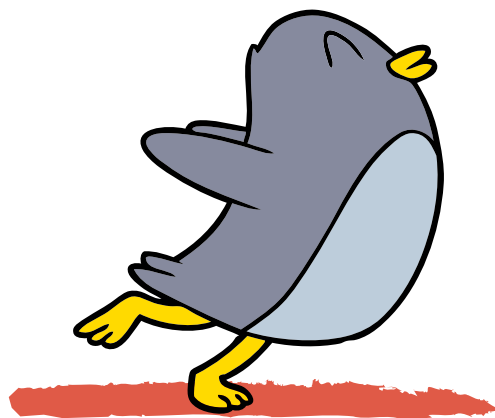
1. You will set up three sets of tape (or any kind of floor markers) for your child.
2. For the first set, you will place 10 pieces of tape (string or any kind of floor markers) close together about one foot apart. **You can use your own foot as a ruler!**
3. For the second set, you will place 5 pieces of tape (string or any kind of floor markers) a little further apart: about one and a half feet's length apart.
4. For the third set, you will place 3 pieces of tape (string or any kind of floor markers) a little further apart: about two feet's length apart.
5. You and your child will start at the first set, and jump together from one piece of tape to the next.
6. You will continue the same through sets one, two and three.
7. It's okay if they can't jump all the way to the next line - keep practicing!

How to extend activity:

Once they are able to jump off the floor with both feet, keep encouraging the children to jump to each line. You can also move the lines further apart as they are able to accomplish those jumps.

Materials:

- Tape (like blue painters tape for easy removal) or String
- Anything that can mark a place on the floor



What they learn:

Gross Motor Skills: Children are practicing using the muscles in their legs by pushing off the floor, bending their knees, and jumping up. The more you practice, the better your child will get at it. If they begin this activity not being able to jump with both feet off of the ground, that's okay - practice will make perfect.