

Jumping off

Children should have the opportunity to try balancing, climbing and jumping safely off low things. This will help their physical development, balance, and improve their motor skills and spatial awareness. It is important that they understand that they should move safely on and off apparatus.



- ① Play a game called 'One, two, three jump.' You call out the words and then your child jumps. Make sure that they only jump from something very low. Before the jump talk about the importance of landing safely.
- ② Swings and rope ladders are a good idea for older children. As they become more confident they can go higher. They help by developing muscles and improving their basic motor skills.
- ③ A safe small trampoline is a good idea with older children as it is fun and helps increase their understanding of spatial awareness.
- ④ Have a jumping competition to see who can jump the highest.
- ⑤ Remember that when your child is taking part in physical activities the area must be totally safe. Make sure that you clear any objects or things that might cause a problem. **Safety must come first.**



Please remember to recycle this activity

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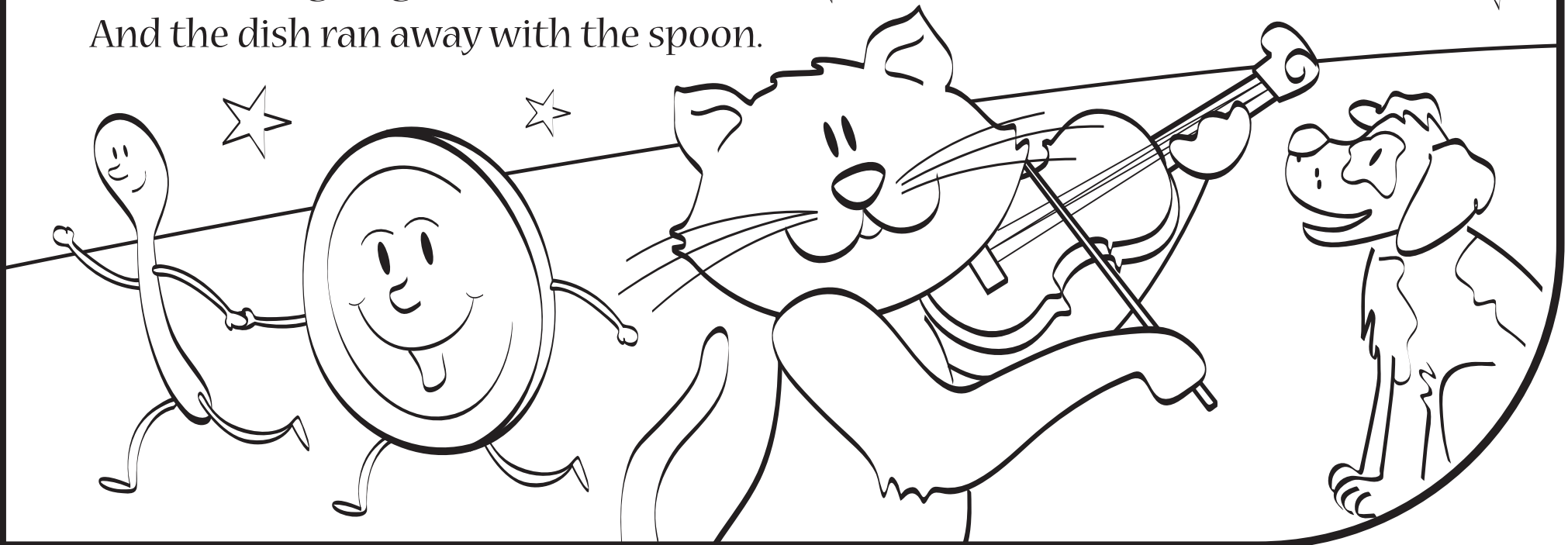
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Hey Diddle

Diddle

Hey diddle diddle, the cat and the fiddle,
The cow jumped over the moon,
The little dog laughed to see such fun,
And the dish ran away with the spoon.



Draw the cow jumping over the moon and then colour in the whole picture.