

HIGH JUMP

(but not as you know it)

WHAT IT DOES

DEVELOPS LEG STRENGTH, CO-ORDINATION AND BALANCE AND ALSO HELPS KIDS LEARN HOW TO JUMP VERTICALLY. THINK BASKETBALL, FOOTBALL, NETBALL, BADMINTON, TENNIS.....

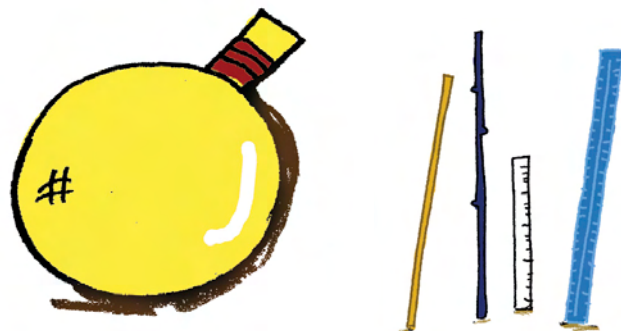
WHAT YOU NEED

NOTHING ACTUALLY. YOU CAN DO THIS WITH NO EQUIPMENT AT ALL BUT A BAMBOO CANE OR STICK, A SMALL HANDKERCHIEF, A SCHOOL TIE OR A BALLOON CAN BE A USEFUL ADDITION.

HOW TO PLAY

Parent and child face each other about one step apart. Parent stands with arm outstretched about shoulder height or lower. Child has to jump up and touch the hand. Parent raises the arm a little, after every successful touch.

If parent is particularly tall (or child is very small), dangle a small handkerchief or balloon from your hand, so the child jumps up and touches that or grabs it out of your hand. If parent is small, tie the balloon or handkerchief to the end of the stick.



TRY THIS

Child jumps off right leg or left leg, like a hop.

Child takes a run up to the hand, this means he has to stop, balance, jump and regain balance.

Find a stable base for child to stand on, make sure this is not too high, maybe the bottom step of the stairs? The child can then jump up, touch the hand, handkerchief or balloon but and on the ground.

Tips: Encourage kids to bend their knees and tuck their elbows in, to help them push off into the jump. We used to do this at the tennis club, using a tennis ball stuck into the court fencing. Moving it up a space everytime it was touched, the boys soon worked out how to jump higher!

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