

Jumping & Hopping

Strategies to try:

- If children appear fearful, encourage them to attempt the task but do not force them.
- Set up obstacle courses to encourage stepping on/off equipment that is at different heights to develop balance skills.
- Encourage children to practice jumping on a trampoline or at soft play to increase confidence.
- Ensure the child has supportive and well fitting footwear on when they are practicing.
- Children must be able to stand on one leg before attempting hopping.

Many children are eager to be able to jump and hop to allow them to participate in PE and playground games. Jumping and hopping are complex skills that require a range of underlying motor skills, such as good balance, stamina and general confidence with movement.



JUMPING

- Jump on the spot holding onto a chair, wall or person.
- Jumping on the spot unsupported.
- Jumping forward with feet together in a controlled manner, e.g. in/out hoops, on/off mat.
- Jumping off a step.
- Jumping around obstacles in a slow and controlled manner.

HOPPING

- Standing on 1 leg whilst holding onto a chair, wall or person.
- Standing on 1 leg unsupported.
- Hopping on 1 leg whilst holding onto a chair, wall or person.
- Hopping on the spot unsupported.
- Hopping forwards on either leg in a straight line.
- Hopping around obstacles in a controlled manner.

