



WARM-UP JUMPS

RED CLASSES

SONG: Jumping and Counting (by Jim Gill)
Use hoops to jump in.



AFTER SONG - JUMPS: Talk about the different JUMPS: Jumping 2 feet, apart together Tuck, Straddle, and Pike with picture cards. Also practice Galloping and Skipping

GREEN/YELLOW CLASSES

SONG: Tiptoe, Gallop, or March
(by Andrew Holdsworth)

Use stretchy band as a group to act out song.



AFTER SONG - JUMPS:

 **GREEN** practice two-foot and one-foot hops, jumping apart and together, tuck, straddle, and scissor jumps.

 **YELLOW** practice two-foot and one-foot hops; tuck, straddle, scissor, split, and pike jumps; galloping and skipping; jumping and turning; and combining multiple jumps in sequence. also practice finishing dismount jumps in a safe, controlled landing position.