



Improve your Move

www.kiddo.edu.au



TIPS FOR LEARNING HOW TO JUMP

Just like reading & writing, kids need to learn to move

This week in the KIDDO session we learnt how to JUMP:



Take off:

Swing and Spring - swing arms behind and bend ankles, knees and hips

Flight:

Reach for a star and bring it down again- arms reach right up high and then come down again for landing



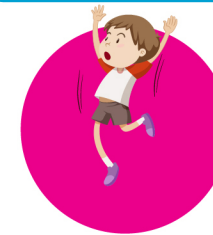
Landing:

Land like you are riding a motorbike - arms out in front, ankles, knees and hips bent, feet apart



Children need active play + practice to learn these essential skills to be active for life

Fun games to play at home:



Make a jumping obstacle course

Over a cushion, down a step, off a small wall



Sack races

Use old pillow slips



Skipping ropes

How many jumps in a row

How far can you jump?

Have a go at the KIDDO jumping challenge at home with your child

www.kiddo.edu.au/challenges/how-far-can-you-jump