

## **Jump On, Off, Over, and In**

**Objective:** Strengthen proprioceptive sense through movement and work while learning different directions.

### **Equipment:**

- A box, at least 15”L x 10”W. The sides of the box should not be any higher than 4-5” for preschoolers, ages 3-5. You can use taller boxes for older kids.
- Stairs
- A broom
- A very low curb

### **Directions:**

1. Lay the broom on the floor and ask your children to jump over it with two feet glued together as a rabbit would do. Then lift the broom about an inch off the floor and have them try again. Keep raising the broom and having them jump. When it gets too high to jump over, switch to stepping over without holding onto anything for support.
2. Go to the stairs. Have children jump from the bottom stair to the floor below. For 2-year-olds, a low curb outside might be the better height. Older kids might be able to jump from 2 steps up.
3. Go to a low curb, 1” to 2”H, and practice jumping up onto the curb. This is very challenging for a preschooler. For grade school children, find a higher curb to practice this skill.
4. Place the low box on the floor and have children jump in and then out of it. It is lots of fun if you have a series of boxes in a row they can jump in and out of. Be careful if playing this game on a smooth surface because the boxes might slip. Place the boxes far enough apart so the children jump out of the box and onto the ground, rather than from box to box, for safety.