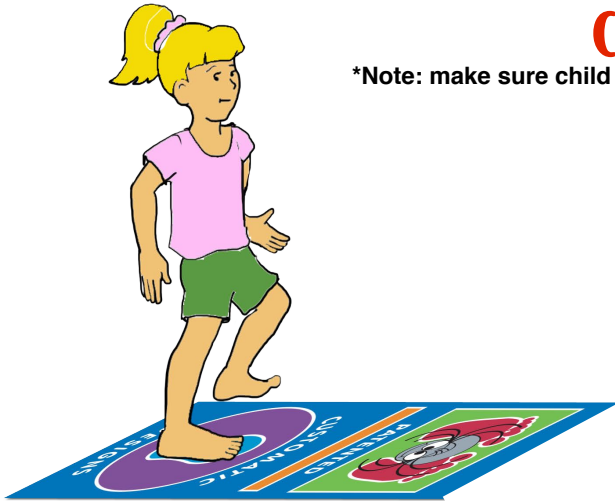


Beginning One Foot Jump to Two Feet

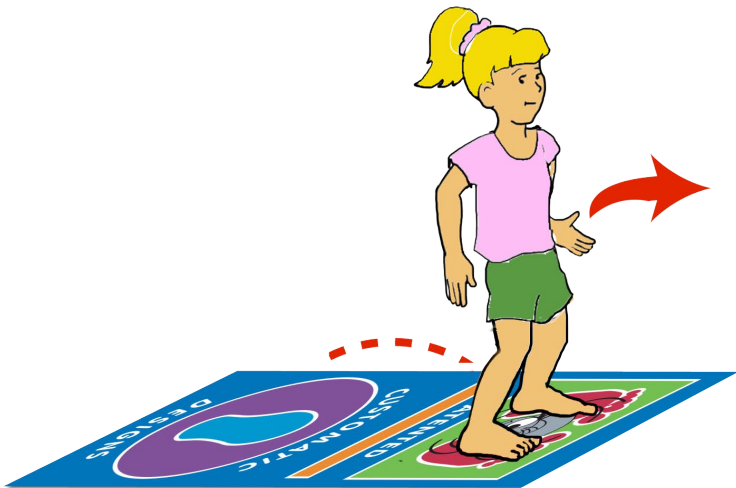


(Hurdle)

*Note: make sure child bends knees both jumping and landing.



1. Stand on one foot (child will choose either one). Lift other foot up. If they have a hard time, they can hold teacher's finger to balance. Bend knee of the foot on the ground, ready to jump.



2. Jump forward over line and land on two feet with spider. Be sure to bend knees.

Warning: All mats and skills should only be used with adult supervision.