

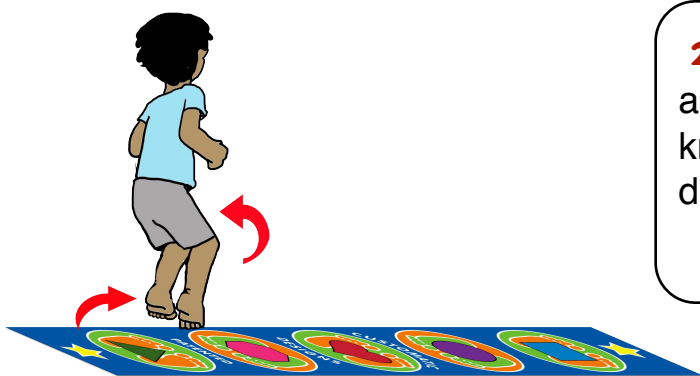


# Jump $\frac{1}{2}$ Turn Front Back

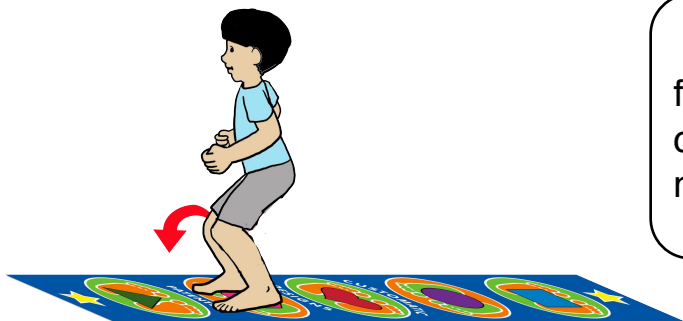
\*Note: make sure child bends knees both jumping and landing.



**1.** Have child begin on starting star. Bend knees and get ready to jump. Teacher, show child which direction the feet will go. Direct child to jump to each shape.



**2.** Have child bend knees and jump  $180^\circ$  around ( $\frac{1}{2}$  turn) to the first set of feet. Bend knees while landing. They can turn either direction as they jump.



**3.** Jump and do  $\frac{1}{2}$  turn to the next set of feet. Continue jumping along the mat until completed. Then, go the opposite direction - make sure child jumps both directions.

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