

# Jumping and Hopping

- ☐ Jump down from a low bench/block or bottom stair step. Provide hand assistance if necessary.
- ☐ Jump so the feet clear the floor, with hand assistance if needed. Focus on starting and finishing with bent knees. Imagine jumping to pop bubbles on the floor.
- ☐ Jump forwards (pretend to be rabbits or frogs). Progress to jumping forwards without pausing and with feet together.
- ☐ Jump over cracks in a sidewalk, gym lines, or skipping ropes laid down as obstacles. Progress to jumping with two feet together.
- ☐ Place floor markers in a line two ft. apart. Jump from one marker to the other.
- ☐ Play hopscotch to practice jumping.
- ☐ Jump over small objects (broom handle, skipping rope). Progress by increasing the height of object.
- ☐ Jump up with feet together. Progress to jumping up with feet together several times without pausing.
- ☐ Jump backwards/sideways with feet together.
- ☐ Hop on one foot, with leg slightly bent. Provide assistance as needed.
- ☐ Hop on one foot several times in one spot.
- ☐ Hop on one foot forwards, backwards, and sideways. Jump over lines, skipping ropes, or play hopscotch to progress difficulty.

Helpful verbal cues for jumping include:

- “Bend knees and swing arms back!”
- “Push up through your legs!”
- “Land on two feet with arms out like you’re riding a motorcycle!”