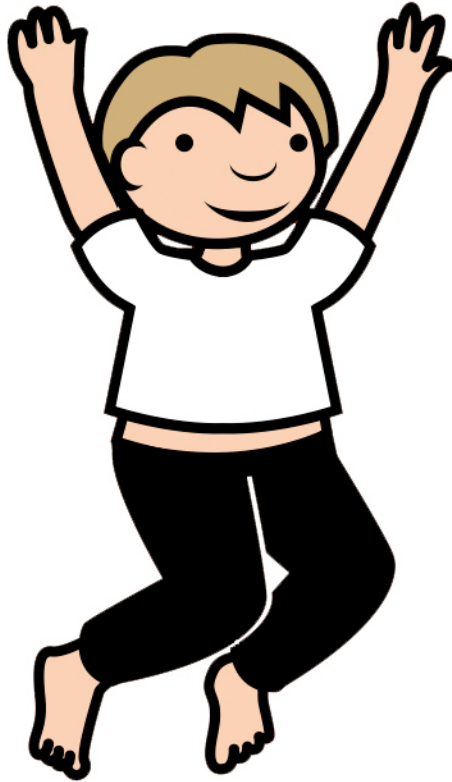


Jump



Jump

Babies and toddlers love to jump with the support of adults or objects such as tables, bars attached to walls, etc.

When children are ready to jump by themselves they will prepare for jumping by slightly bending knees and swinging arms backwards.

Method

With feet close together, push off with both feet and land on both feet.

Children will eventually propel their arms forwards and upwards whilst they are in the air.

Things to Try

Encourage the child to:

- Jumping upward and jump forwards, backwards or from side to side
- Jump with two feet and land in the same place, or in a different place.
- Jump onto something, off something, into something, out of something (such as a hula hoop).

Children will require muscle strength and balance in order to jump effectively.