

Jump $\frac{1}{2}$ Turn Side to Side



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



1. Review what each piece of fruit is called. Have child begin on starting star. Bend knees and get ready to jump to first set of feet.



2. Child will bend knees and jump $\frac{1}{2}$ turn to second set of feet.



3. Continue jumping $\frac{1}{2}$ turn all the way down the mat. Teacher can instruct by saying "jump to the grapes" or "jump to the banana."

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