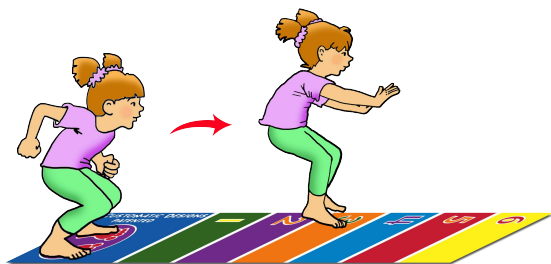
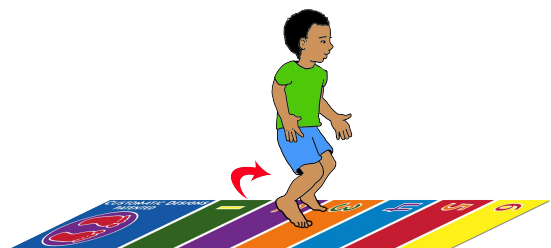


# Long Jump

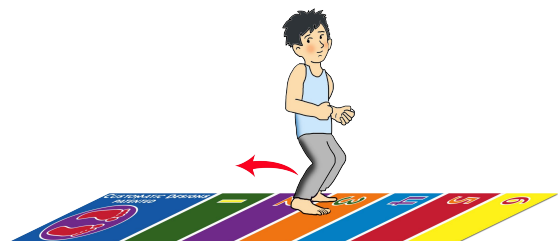
\*Note: make sure child bends knees both jumping and landing.



**1.** Have child start on feet in circle, then bend knees and jump as far as they can jump. Remind child to land on their feet with bended knees. They can try three times and see if they can jump farther each time.



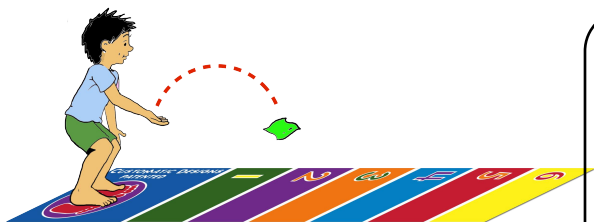
**2.** Child can start on feet in circle. Then bend knees and child can jump to each color or number in a forward sequence. Remind child to land on their feet with bended knees, continue all the way until the last color or number. \*Variation: skip a number or color.



**3.** Child can start on number 6 or yellow, have child bend knees and jump backwards to each color or number. Remind child to bend knees and land on their feet. Continue all the way to the last color or number.



**4.** Child begins on two feet in circle, bend knees and jump to one foot. If child loses balance, they can put foot down, then lift it again and jump to the next color or number. Continue on same foot until last color or number.



**5.** Child starts with two feet in circle. Place a set of 6 colored bean bags next to child. Child will pick up one bean bag and toss it to the matching color square until all bean bags are used. Gather up bean bags and place them next to feet on circle for next child.

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