

BUBBLE WRAP JUMPING

Inspired by Renée McCall



Tape some bubble wrap to the floor and every child will want to jump until all the bubbles are popped!

GOALS FOR CHILDREN • Practice jumping • Develop cardiovascular endurance

EQUIPMENT

- Bubble wrap, at least a 10 ft. length, 24 inches wide
- Equipment Tip:* 1/2 in. bubbles pop best. Ask adults to save wrap for this activity. Some businesses will donate wrap, if asked.
- Clear packaging tape

INSTRUCTIONS

Tape the wrap to the floor so it won't slip. Don't let children mouth or bite the bubble wrap. Instruct the children to move in only one direction when jumping the length of the wrap. No return trips with more than one child jumping at the same time! Or tape a square piece of wrap to the floor for each child if you want them to jump in place.

Show children how to bend their knees and lift with their arms when they jump. Turn on lively music with a strong 4/4 beat to encourage children to jump to the song!



Cues for Learning to Jump for Distance

Just Learning: "Bend your knees." "Land on both feet at the same time." "Start with your arms behind you." "Swing your arms forward as you jump."

More Experienced: "Reach up and out (at a 45° angle) as you jump." "Fall forward when you land." Refer to **On/Off** to learn more jumping cues.

Easier: Hold smaller children's hands for extra balance. Allow children with developmental delays to walk if they are not yet ready to jump.

Harder: Tape 2 ft. squares some distance apart and have school-aged children jump from square-to-square.

Variety: Have the children walk a 'balance beam' made from a 6 in. wide, 10 ft. long strip of bubble wrap taped to the floor.