



Helpful Hints on Hopping and Jumping

There are many activities that you can do with your child at home, outside at the playground, or in the yard, to work on hopping and jumping.

Standing on One Foot

Being able to stand on one foot is a necessary pre-requisite for hopping. This skill can be worked on by:

- Slow marching
- Kicking a ball
- Standing on one foot while holding onto a chair and then standing on one foot without support

Hopping Ideas

- Have your child hop in place while holding onto a chair or your hand
- Have your child hop over a line on the floor or in the environment
- Play hopscotch
- Hop across a room

Jumping ideas

- Jump forward (e.g. over a crack in the sidewalk)
- Jump sideways
- Jump over a hurdle or a rope
- Jump down from a height (make sure you start from a small height and gradually increase the height as your child gains skill)
- Jump up in the air (jump up to grab for a favourite toy)

Children learn best through repetition, so do lots of hopping and jumping activities in a variety of settings and situations. Children also learn by example – so join in!

