

Locomotions; Jumping, Leaping & Galloping

Tips	
Leaping/Galloping	Jumping/Hopping
<ul style="list-style-type: none"> • Pick on leg to put forward and keep it in front of your body • Use verbal cues (“step, together, step) and visual cues (leap from one circle to the other) • Start off by stepping over an object and practice weight transfers • Start with lateral/sideways galloping, then progress to forward facing 	<ul style="list-style-type: none"> • Steps to a successful jump – prep, take-off, flight, landing • Bend knees, ankles, and hips • Start with your arms low and back • Use arms to reach up above head to increase height • If your child is not able to get feet off the ground, have them practice the full body motion • Land with legs apart and knee bent, emphasise soft landing



Locomotor skills strengthen muscles and help develop balance and agility. Children need play using large muscle groups to fully develop their brains and bodies. A whole-body locomotor skill like leaping, or jumping strengthens their muscles and heart, while building confidence.

Games and Activities to Support the Development of These Skills:

- Hopscotch
 - Set up a pattern of 1 and 2 squares using chalk outside or tape inside
 - Throw a ball or toy into one of the squares, you must avoid that square, if you step in one square that is not useable either, add multiple toys to make it more challenging
- Horse races
 - Use a broom or stick and pretend it is your horse, place it between your knee and gallop through a race (straight line or relay style)
- Animal walks
 - Take turns calling out animals and walk from A to B mimicking how that animal moves
- Musical hoops/circles
 - When the music is playing, you must jump/leap from circle to circle, when the music stops you must freeze until the music plays again
 - Spread the hoops/spots/circle further apart every time the music stops
 - If you land outside of the hoop you're out or lose a point
- The floor is lava
 - Set up a variety of object In an open space or room with sturdy furniture
 - Try moving from point A to point B without touching the floor
 - If safe, you can make a game of tag
- Sleeping Monster
 - 1 person sits in the middle of the room with their eyes closed (“sleeping monster”)
 - Any other players try to sneak across the room using soft landings to sneak past
 - If the monster points to your location because they hear you, you must start over