

Gross Motor - Level 3

3.2.4 Jumping Jacks

Stand in space, squat down and then jump up and stretch your arms up in the air like a jack in a box. Can you jump around the room?

Purpose

To promote lower body strength, co-ordination and core stability.

Observations

Can the child squat down?

Do the child's feet leave the floor when jumping?

Can the child keep their balance?

Equipment

Mats