

Jump for the Moon

LET'S "TRAIN LIKE AN ASTRONAUT!"

Adjust steps and procedures as appropriate for participants
Instructions for individual play:

Stationary:

- ▲ With a jump rope, try to jump in place for 30 seconds.
- ▲ Rest for 60 seconds.
- ▲ Repeat three times.
- ▲ When mastered, proceed to moving.

Moving:

- ▲ Try to jump rope while moving across a smooth surface for 30 seconds.
- ▲ Rest for 60 seconds.
- ▲ Repeat three times.
- ▲ Repeat jump training two more times.
- ▲ Record observations before and after

TRY THIS! *Some ideas for Adapted Activity*

- ▲ Jump on trampoline while holding onto wall or partner
- ▲ Jump on step/box
- ▲ Step off a step/box
- ▲ Foot stomp
- ▲ Aerobic step bench
- ▲ Perform jumping jacks or jump in place (side-to-side, or back-to-front)
- ▲ Hop on one foot, then the other
- ▲ Hold onto table and jump in place
- ▲ Place hand on hallway and raise leg to hop down hallway
- ▲ Use a "pretend" jump rope
- ▲ Lay a rope on the ground and jump over it in a variety of ways
- ▲ Use a variety of objects to jump on, or over

