

ACTIVITY PLAN 19 – JACK-IN-THE-BOX

Aim

To develop the ability to jump

Age

24–35 months

Equipment

Carpet spots, chalk or masking tape

Area required

Indoor or outdoor space of suitable size

Time

Maximum of five minutes

How?

Ask the children to stand in a space so they cannot touch other children. Stand in view of the children so they can copy your actions. In “Jack-in-the-box”, Jack is down in his box until someone “opens the lid”. Demonstrate bending knees to squat down in preparation and then jumping up on the spot as the lid is opened.

Easier

Hold the children’s hands while they attempt to jump or have them hold on to a chair for support. Start with children completing one single jump at a time.

Harder

Increase the number of jumps up to two, then to four at a time. Jumps can be on the spot, along a line, over the line or from a low step.



Key points

- Instruct children to stand with their feet slightly apart.
- Ensure the children bend their knees in preparation for jumping and can “pop up” quickly as the lid is opened. This will increase the potential for children to actually clear the ground and successfully achieve jumping.