



hearty jump!

a collection of up-beat skipping songs for a healthy heart



PDF resource book



Objective

Physical and mental warm up.

1. Imaginary Jumps

Preparation

Teacher or leader demonstrates the correct technique for the Warm-Up Activity, Activities and Extension Ideas prior to children participating. Please take note of the General Moves.

Warm-Up Activity

Jump two low double bounces on the spot.

Teacher/Leader:

clap/clap rest clap/clap rest

X X O X X O

Jump a low single bounce on the spot.

Teacher/leader:

clap rest clap rest

X O X O

Jump on clap X rest O

Optional:

For the duration of the song jump double bounces and include imaginary rope turns. Repeat song and jump single bounces and include imaginary rope turns.



Suggest Song 2

Ask Children: Can you turn the pretend rope and jump a double bounce in time to the music?
Can you turn the pretend rope and jump a single bounce in time to the music?

Assessment: Who could follow the leader's moves really well?

Activities

- ♥ **Shadow Rope Jumping:**
Ask children to find a partner and choose a leader between them. When the music starts the leader chooses the sequence of single low bounces or double low bounces, the partner mirrors the leader. Swap turns.
- ♥ **Line Shadow Rope Jumping:**
Form groups (4-6 children) children line up and follow the leader at the top of the line. When the music starts the leader chooses the sequence of single low bounces or double low bounces. Rotate leaders so everyone has a turn.



Suggest song 1

Extension Ideas

Jogging Jump with Imaginary Rope:

Jump on the spot with left leg and turn imaginary rope and then jump with right leg and turn imaginary rope.

Variations: High knee jumps (page 9); bottom kicks (page 15); scissor jumps (page 12); side to side jumps (page 14); cross over jumps (page 18).



Suggest song 2

General MovesLow Double bounces:

Place feet slightly apart, jump with both feet together, land on the balls of your feet and repeat, keep knees soft (don't lock knees) Jump low bounces.

Single Low Bounce:

As above only bounce once.

Imaginary Rope Turn:

Pretend to hold both ends of a rope, use your wrists to turn the rope over your head and under your feet.

**Teapot Remix**

Song 1 (1 min 17 sec)

Song 2 (33 sec)

Song suggestions are only given as a guide. You can choose a song according to children's fitness levels and skills.