STRAND ONE: CREATING AND EXECUTING

a. Jumping

Jumping is a fun and energetic activity that kids love to do. It involves using your legs to push off the ground and propel yourself into the air. Here are some key points about jumping for kids:

Jumping for Height

1. **Jumping Straight Up**
    - **How To**: Stand with your feet shoulder-width apart. Bend your knees, swing your arms, and jump as high as you can.

      Practice: Try to reach an imaginary point in the air or touch a mark on the wall.

Jumping for Distance

1. **Jumping Forward**
    - **How To**: Stand with your feet together. Bend your knees, swing your arms, and jump forward as far as you can.
    - **Practice**: Use a starting line and see how far you can jump. Mark your landing spot and try to beat it next time.
2. **Jumping Backward**
    - **How To**: Stand with your feet together. Bend your knees, swing your arms, and jump backward.
    - **Practice**: Be careful to look behind you before jumping to ensure it's safe.

Jumping Sideways

1. **Jumping to the Right**
    - **How To**: Stand with your feet together. Bend your knees, swing your arms, and jump to the right side.
    - **Practice**: Use a marker or line to jump over and back repeatedly.
2. **Jumping to the Left**
    - **How To**: Stand with your feet together. Bend your knees, swing your arms, and jump to the left side.