



NURSERY & PRE SCHOOL



KANGEROO LONG JUMP (Warm up or Main Game)

A simple but effective Active Sport

Using your island get the children to find a space.

(This in effect is meeting guidelines getting children to be aware what space is)

If the children are finding it difficult finding space, then get all the children standing one side of the island and place a cones down around the island (1 cone for each child)

Then ask the children to stand behind a cone.

If the children can get into space then walk around and hand each child a cone.

Aim: To Help improve their Jumping Skills

Set up: Once every child has a cone in front of them they then have to keep both feet together and jump over the cones (make sure you demonstrate this first)

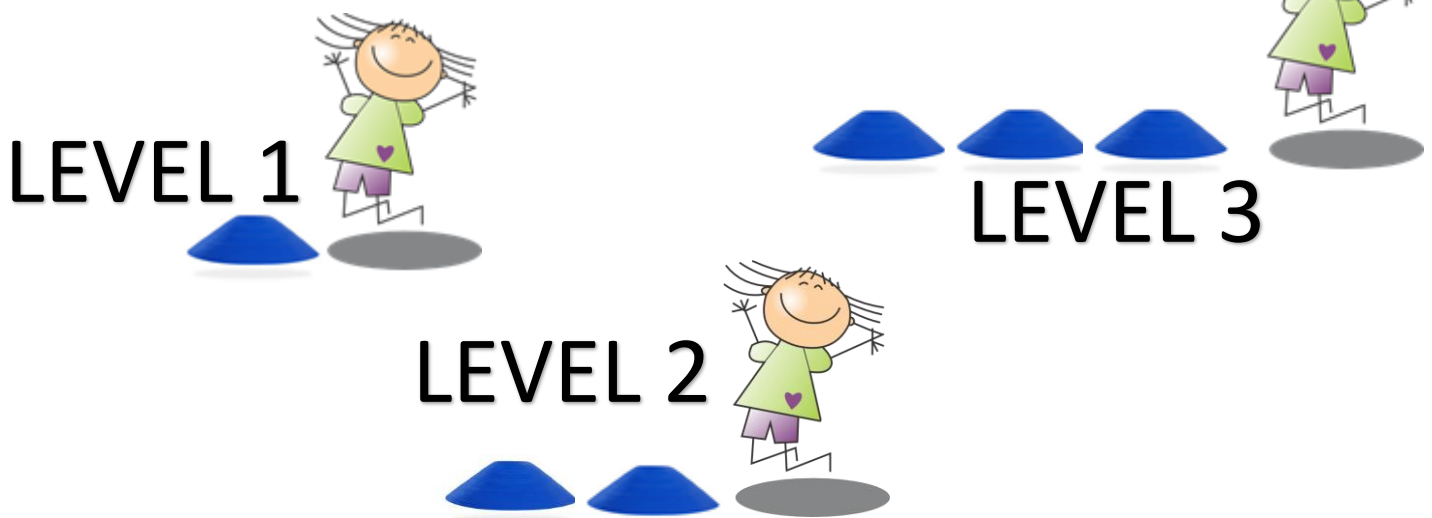
Levels: We then can work on the child's jumping distance – we can now add a second cone next to their first one.

Progression: The coach can keep adding cones to make the distance further to challenge the children at different difficulties , keep the cones in a straight line.

This will give you and the nursery staff an indication on where that child is on the curriculum guidelines.

Example below:

Tips: Feet together, Knees bent, arms straight behind and swing forward and Jump



Have Fun with it – go up as many levels as you wish