








Jump, Hop and Leap!

Week 1			
Activity	How many or how long	How many days	Instructions
Hopping 	10 times/day	5 days/wk	Try hopping on one foot. See how many times in a row you can hop on the same foot. Can you get to 5? If so, can you get to 10? Hopping on one foot helps to develop the balance and leg strength.
Standing Jump Arm Swings 	10 times/day	3 days/wk	Start standing with your feet together. Practice swinging your arms forward and back so that both arms go forward and back at the same time. When you have your arms swinging together, try to add a bend to your knees. When your arms are back, start to bend your knees. Bend your knees more as your arms swing down to your sides and then gradually straighten your knees as your arms swing forward.




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Week 2			
Activity	How many or how long	How many days	Instructions
Standing Jump 	5 times/day	5 days/wk	Start standing with your feet together and do a couple of practice arms swings like you did last week. When you have your arms swinging and your knees bending try to jump as far as you can. Push off with your legs as your arms swing forward and your legs straighten to see how far you can jump.
Deep Knee Jumps 	5 times/day	3 days/wk	Jump as high as you can. Start and end with your legs bent and your fingers touching your ankles. Lift both hands above your head as you jump up. Try to do all 10 jumps in a row, reaching overhead on each jump and touching your ankles on each landing.
Leaping 	5 times/day	3 days/wk	Practice leaping. A leap is when you jump off one leg and land on the other leg. Put a toy or doll on the floor in front of you. Lift one leg in the air so it is over top of the toy (like a roof over the toy). Then take a big step with that foot so the toy is underneath you and you have one foot on each side of the toy. Finally lift the other leg so it makes a roof over the toy before you bring that leg up beside the other one. Congratulations! You've done a slow-motion leap. When you can do all of these parts, try putting them together so you do the whole thing without stopping.

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Week 3			
Activity	How many or how long	How many days	Instructions
Hopping on the Other Foot 	10 times/day	3 days/wk	Try hopping on one foot like you did last week except this week see if you can use your other foot. See how many times in a row you can hop on the other foot. Can you get to 5? If so, can you get to 10?
Hopping up stairs 	10 steps	3 days/wk	Instead of walking up the stairs, try hopping up one step at a time. Make sure to hold onto the railing for balance and hop on two feet. You can rest after each step but try to hop up a total of 10 steps on the same day.

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Week 4			
Activity	How many or how long	How many days	Instructions
Standing Jump Arm Swings 	10 times/day	3 days/wk	Start standing with your feet together. Practice swinging your arms forward and back so that both arms go forward and back at the same time. When you have your arms swinging together, try to add a bend to your knees. When your arms are back, start to bend your knees. Bend your knees more as your arms swing down to your sides and then gradually straighten your knees as your arms swing forward.
Leaping 	5 times/day	3 days/wk	Practice the leaping that you did last week but this time try to take a few steps before and after you leap. Start with 3 walking steps before and after the leap. When you can do that, try to do 3 running steps before and after the leap. Remember, a leap is when you take off on one foot and land on the other foot.
Deep Knee Jumps 	10 times/day	3 days/wk	Jump as high as you can. Start and end with your legs bent and your fingers touching your ankles. Lift both hands above your head as you jump up. Try to do all 10 jumps in a row, reaching overhead on each jump and touching your ankles on each landing.