

Creative Ideas for Learning How to Jump

Here are a some activity ideas to help kids who are learning how to jump:

BOLSTER BLAST OFF

Have the child lay in full hip and knee flexion on the floor with their feet flat against a bolster. On your cue, have them push off with their feet to send the bolster flying forward.

WEDGE

Have the child stand on a therapy wedge at the top of the incline with their feet pointed down the incline. This helps weight-shift forward from the heels into the toes to initiate a jump.

HIPPITY HOP

Bouncing in sitting is great for core activation and vestibular input! Progress from seated jumping on the floor to seated jumping on a mini- trampoline.

THERAPY BALL

Stabilize the ball on a base or between a few yoga blocks and have the child use their legs to bounce up and down on the ball.

STOMP ROCKET

Repeated reps of jumping to shoot the rocket into the air is a great way to practice.

BALLOONS

Have kids hold a balloon with both hands, bend down a bit and then throw it up in the air. This activity targets the pre-jump position and kids often jump accidentally as they complete the motion.

THE COUCH

Need an easy way to practice at home? Have kids stand on the couch and hold on to the back. Then, have them try to jump like they are on a trampoline.

FROG JUMPS OR SQUAT JUMPS

Getting low to the ground (as described above with the balloon activity) can encourage the momentum and starting position that is needed for jumping.

ROCKET SHIP

Have kids lie supine on a scooter board and push off a wall with both feet. Who can fly the farthest?

WATER

Jumping in chest deep water with hands supported takes gravity out of the equation and allows practice with the feet leaving the surface. This is great for beginners!

DONKEY KICKS

Have kids put their hands on the floor and jump their feet off the ground! Another good idea for core activation and lower extremity mechanics.

LOW SURFACES

Have kids practice jumping down from a low step or a curb to get experience with the movements and timing.