

Tiny Tots HDLAC Program#

Tiny Tots - Jumping Wk 4; Wk 8; Wk 12; Wk 17

8:15-8:35am **GROUP INTRO GAME**

FRUIT SALAD GAME - *Listening, jumping, running*

Each child will collect a picture of a piece of fruit, sit down in 2 rows facing each other. Whatever fruit picture they have, when their fruit is called out they have to jump up and run around the 2 rows and sit back in their spot. When "fruit salad" is called they have to jump up and swap places with the other person they are facing.

ROLL CALL

Children moved into their 4 groups with leaders, but remain together and explain today's activities.

8:35-9:40am **JUMPING ACTIVITIES**

(2 activities follow each other but we'll all be participating together at each activity. We have to work our program around availability of the Long Jump Pit on the scheduling-can be switched)

Whistle will blow for the change

Lots of parent involvement today for moving children to Long Jump area, and getting streamers/into lines.

8:35-8:55am ACTIVITY 1 - LONG JUMP PRACTICE MAT

This gives us a chance to teach/remind the Tiny Tots how to jump in long jump. Hopefully we can run 2 lines, to have 2 jumping on the mat at the same time. We will split our 4 teams into 2 lines. The other alternative is to use the track and jump across the lanes, using the lane markers as distance markers.

8:55-9:00am DRINK BREAK

9:00-9:10am TINY TOT WALK TO LONG JUMP AREA (HOLDING ROPE)

9:10-9:40am ACTIVITY 2 - "REAL" LONG JUMP

For our age group we will set up "coloured streamer" marks and as they jump into the pit they receive the appropriate streamer colour to "reward" where they jump to. Hopefully we can run 2 lines, to have 2 jumping into the pit at the same time. We will split our 4 teams into 2 lines.

9:40-9:45am **ENCOURAGEMENT AWARDS & PHOTOS**

EQUIPMENT NEEDED – Whistle, Fruit Pictures, Long Jump Practise Mat, Leading Rope, Safety Pins, Line Markers, Ribbons.