

Jump the Creek!

This simple game is a great way for kids to practice hopping and jumping — locomotor activities that build leg muscles, gross motor skills and strong bones. Since it requires minimal materials (a roll of masking tape or a few pieces of rope), it's an easy go-to game when kids have extra energy to release!

Instructions:

Use masking tape or rope to make a line on the floor. Tell kids to use their imaginations and pretend this is a small creek (a tiny river of water). Now practice hopping back and forth over the creek. What is a hop? Think of a bunny hop—which is like a tiny jump.

Now add a second line of tape or rope. Make it parallel to the first, 6-12 inches apart, depending on the age of your preschoolers. Tell kids to use their imaginations and pretend this is a rolling river. To cross the river, kids must JUMP!

Show kids how to jump:

- Bend knees, spring off on two feet and swing your arms forward when you jump...then
 - Land on two feet, with knees bent and feet spread shoulder width apart
- Now set up a course with several “creeks” and “rivers” to cross throughout your room or outdoor space.