

Balance and Jumping Skills

Repetition is a key to confidence and skill development.

Let's Practice & Play

Why are they important?

Good balance develops confidence for jumping, which is part of many sports and recreational activities.

Getting started: Play "Step, Jump and Grab"

How to play

1. Gather masking tape and a block that is sturdy enough for your child to stand on.
2. Set the block in an open area on the floor, being sure to stabilize it.
3. Help your child step up onto the block. Then have him or her jump down from it.
4. Have your child step up and then jump down a few times.
5. Place a piece of tape a chosen distance in front of the block. Ask your child to step onto the block and then jump to the tape. Repeat as desired.

Tip: For a greater challenge, have your child jump up and grab a scarf as he or she jumps off the block.



Note to Families: Keep this someplace visible as a reminder to be physically active and play together whenever you have a few minutes.



Special Olympics
Young Athletes

Balance and Jumping Skills

Repetition is a key to confidence and skill development.

Let's Practice & Play

Why are they important?

Good balance develops confidence for jumping, which is part of many sports and recreational activities.

Getting started: Play "Step, Jump and Grab"

How to play

1. Gather masking tape and a block that is sturdy enough for your child to stand on.
2. Set the block in an open area on the floor, being sure to stabilize it.
3. Help your child step up onto the block. Then have him or her jump down from it.
4. Have your child step up and then jump down a few times.
5. Place a piece of tape a chosen distance in front of the block. Ask your child to step onto the block and then jump to the tape. Repeat as desired.

Tip: For a greater challenge, have your child jump up and grab a scarf as he or she jumps off the block.



Note to Families: Keep this someplace visible as a reminder to be physically active and play together whenever you have a few minutes.



Special Olympics
Young Athletes

Balance and Jumping Skills

More Activities to Try

Jumping High: Roll a towel into a tube shape. Place it on the floor. Then invite your child to jump over it.



Enjoy these activities one-on-one with your child, or invite siblings or neighborhood children to join in the fun.

Leaping Lizards: Place several stickers on the floor. Guide your child to name animals that leap. Then invite your child to pretend to be one of them as he or she jumps from one sticker to the next. For variety, challenge your child to jump over each sticker without touching it.



Rock Hop: Arrange a path of stickers or pieces of tape on the floor. Encourage your child to pretend they are rocks in a river. Tell your child to walk on the rocks to avoid falling in the river and getting wet.



Special Olympics
Young Athletes

Balance and Jumping Skills

More Activities to Try

Jumping High: Roll a towel into a tube shape. Place it on the floor. Then invite your child to jump over it.



Enjoy these activities one-on-one with your child, or invite siblings or neighborhood children to join in the fun.

Leaping Lizards: Place several stickers on the floor. Guide your child to name animals that leap. Then invite your child to pretend to be one of them as he or she jumps from one sticker to the next. For variety, challenge your child to jump over each sticker without touching it.



Rock Hop: Arrange a path of stickers or pieces of tape on the floor. Encourage your child to pretend they are rocks in a river. Tell your child to walk on the rocks to avoid falling in the river and getting wet.



Special Olympics
Young Athletes

Let's
Practice
& Play