



Gross Motor Skills - Locomotor

Hopping and Jumping

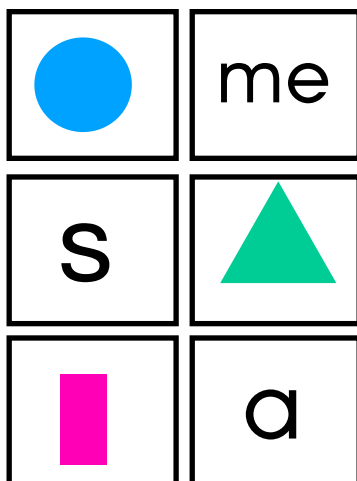
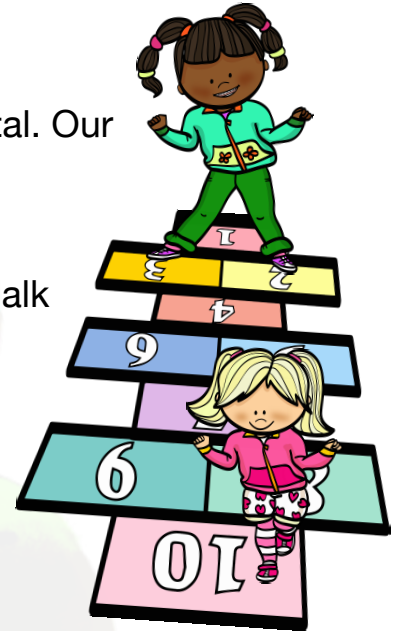
Primary Purpose: to encourage development of the proprioceptive system.

Classroom Relevance: Being able to sit properly. Understanding and using the appropriate amount of force needed to complete a task.

Hopscotch

Hopping & Jumping is a vital part of S.M.A.R.T. Developmental. Our gross motor components always include some variation of hopscotch.

- If you have a private yard or road, use rocks or sidewalk chalk to draw a simple hopscotch pattern.
- Create an indoor Hopscotch using painter's tape.
- We use lots of painter's tape on our wood floors at BSMART. It is easily removable.
- You can use chalk to write numbers or letters on the tape too!



Jumping Squares

Be Creative!! You can create squares in any pattern for children to jump into. In the video clip link you will see a couple of 3 year olds jumping into taped floor squares. We have added words for them (that's where they were developmentally). You don't have to add anything, but if you do please start with simple shapes, colors, patterns, etc.)



Tape Line Jumping

- Place tape strips at various intervals for children to jump and land on each one.
- You can also add shapes, numbers, letters to the tape with chalk.

Do:

- 2 feet to 2 feet jumps
- 1 foot hops
- alternating

