

Jumping, Hopping and Skipping

Jumping, Hopping and Skipping are all skills that require the child to propel themselves off of the floor, either on the spot or moving forwards. This requires strength and the ability to coordinate the movement.



Some children may have difficulty with jumping, hopping and skipping which may be due to poor core strength; you may also note in other tasks and activities. Encouraging children to participate in activities and exercises that will improve their core strength will support the development of their jumping, hopping and skipping. Have a look at our [Add link to Foundation Skills > Gross Motor Skills > shoulder and core strengthening](#) exercises for more information.

Teach the child to learn jumping, hopping and skipping in that order.

Jumping

Initially practice jumping up and down on the spot before jumping forwards. Encourage the child to swing their arms forwards and upwards to assist in propelling them off of the ground. They may benefit from practicing jumping over a very short object i.e. a stick or into a hoop. The child should jump with their feet together – many children will separate their feet and lead with one initially. Ensure the child is landing with their knees bent to reduce impact.

Hopping

The child should be able to balance on one leg for a short period of time before trying to hop. Initially practice hopping on the spot – they may wish to hold an adult's hand at first for this. Once the child is able to hop three times in a row on the spot – practice hopping forward. Hopping from mat to mat or from square to square on a hop scotch print on the floor may help with this.

Skipping

The child must be able to hop on both of their legs before attempting to skip. Hold the child's hand and model skipping very slowly, step by step, whilst verbalising your movements i.e. "step, hop, step, hop". The child may benefit from this being done to a beat. Gradually increase the speed and reduce your physical support.

