

LEAPING

with Freddy the Fox

for pre-schoolers 3-5 years

DESCRIPTION

Leaping is a graceful long step where both feet lift off the ground to cover a distance or go over an obstacle.

POINTS TO REMEMBER

- ✿ Before starting the games take a few moments to go over the key teaching cues for leaping
- ✿ Start with the 'Who can leap like Freddy the Fox?' activity
- ✿ If a child is having difficulty leaping try breaking up the action into simpler parts. Work on single components such as taking off on one foot and landing on the opposite foot or focus on the opposite arm swinging forward during the leap
- ✿ In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of leaping
- ✿ Don't forget to warm up and cool down
- ✿ Demonstrate the skill so that everyone can see
- ✿ Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES

- 1 Start with soldier marching and focus on swinging the opposite arm to leg
- 2 Keep marching and imagine a big puddle in front of you, you need a big step in your soldier march to get over the puddle

- 3 Now imagine an even bigger puddle, you will need a little run up and a leap to get over the puddle without getting wet

For children that are struggling with coordinating arm movements try leaping with hands on hips. To encourage using opposite arm to leg allow children to hold a piece of ribbon in one hand and tie a small piece of ribbon to the alternate foot. When leaping the foot and hand with the ribbon should both be together – either at the front or at the back.



LEAPING

with Freddy the Fox

for pre-schoolers 3-5 years

WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

If you're happy and you know it, and add actions such as – stomp your feet, leap around, run on the spot and reach up high.

WHO CAN LEAP LIKE FREDDY THE FOX?

Game Set up

Children spread out in a defined area

Activity

Who can leap?



Slow



In a line



Long



Fast



In a circle



Short



High

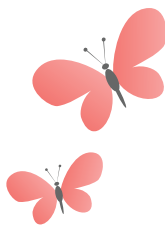


Loudly



Softly

Freddy says "Don't forget to use the FMS lanyard to help you detect & correct!"



LEAPING

with Freddy the Fox

for pre-schoolers 3-5 years

LEAPING LILY PADS

Equipment

- ✿ Flat markers, paper or masking tape to mark out lily pads
- ✿ Munch and Move music CD

Game Set up

Place a series of lily pads in a row or zig zag

Activity

- ✿ Play the Munch & Move music CD and ask the children to leap from lily pad to lily pad
- ✿ When the music stops the children must balance on their lily pad
- ✿ You can make this game more difficult by moving the lily pads further apart and creating a series of wavy or zig zag tracks



ON THE WAY TO GRANDMA'S HOUSE

Equipment

- ✿ Rope or tape
- ✿ Objects to represent reptiles (toy snakes, frogs, fish, kitchen sponges or children's drawings)

Game Set up

Arrange the rope or tape in two parallel lines on the floor to create a river. Fill the river with fish, frogs and snakes.

Activity

Read the children the story of "Little Red Riding Hood" and dramatise the journey Little Red Riding Hood takes to visit her grandmother's house. On the way to grandma's house you encounter the river full of snakes and other reptiles, ask the children to think of a safe way to cross the river. Encourage the children to have a little running start before their leap over the river. Experiment with different widths of the river and height of the reptiles to challenge the children.

