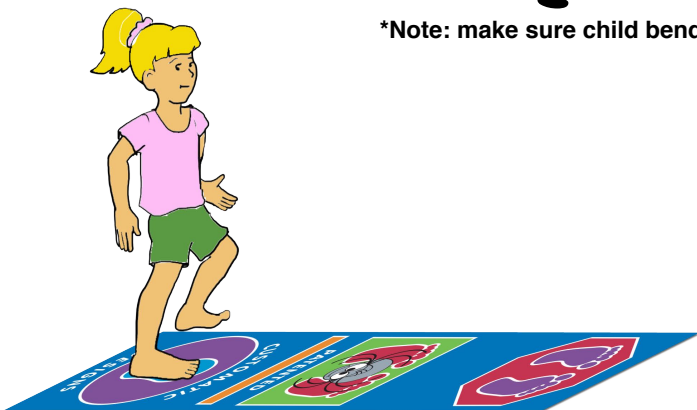


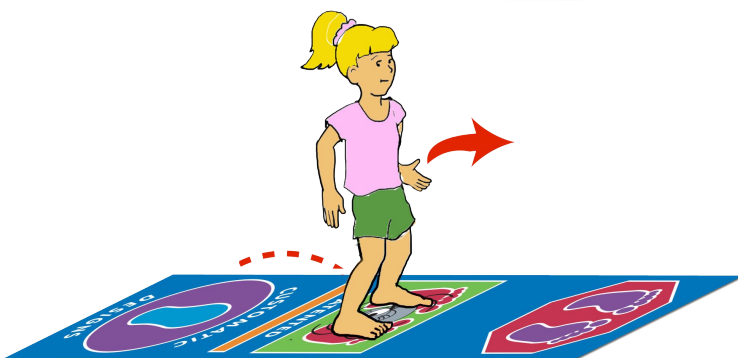
# Intermediate One Foot Jump to Two Feet



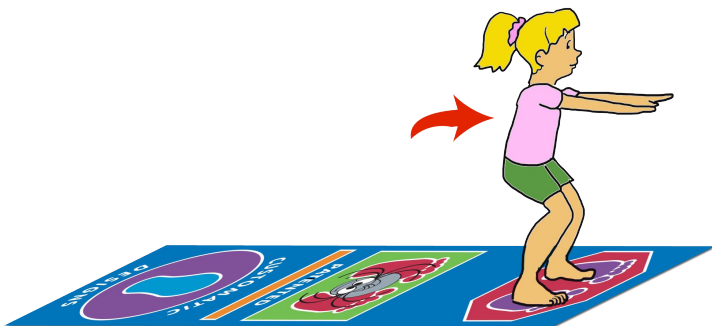
\*Note: make sure child bends knees both jumping and landing.



**1.** Stand on one foot (child will choose either one). Lift other foot up. If they have a hard time, they can hold teacher's finger to balance. Bend knee of the foot on the ground, ready to jump.



**2.** Jump forward over line and land on two feet with spider. Be sure to bend knees.



**3.** Quickly jump off spider and land on stop sign with two feet in a proper "stick-it" position.

This is a great mat to use a progressional transition to learning to hurdle and rebound to jump off springboard. Then child can stand a distance away on a circle and do the carpet sequence with a run. So directions would be to "run, jump one foot to two feet, rebound to stop sign." Once child has mastered the concept then they can transition to the poly one foot (in front of springboard) to two feet (on top of springboard) to stop sign (on landing mat).

**Warning:** All mats and skills should only be used with adult supervision.