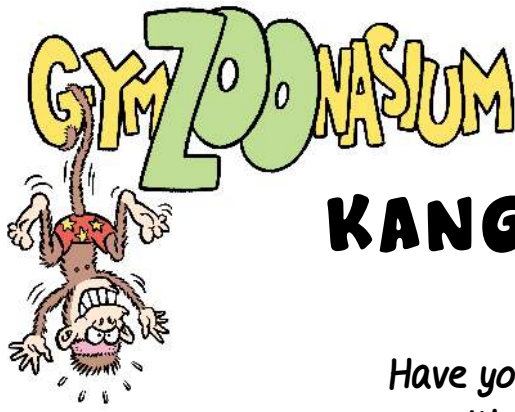




KANGAROO JUMP

*Have you ever played red rover
with the crazy kangaroo?
When you call him to come over
he just jumps high over you!*

PURPOSE

- Strengthens legs
- Improves balance and body control
- Can help you feel calm and alert, ready for learning



INSTRUCTIONS

1. Stand with your feet hip-width apart
2. Bend your knees
3. Jump up high into the air and land softly with bent knees



WATCH FOR

- Feet hip-width apart
- Bent knees at take off and landing
- Using your arms to help you jump higher



MODIFICATIONS

- Walk around the room, and stop quickly when your teacher or parent says "stop".
- Sit still on an exercise ball, focusing on your balance.
- Seated: Do a jumping motion with your arms (and legs if you can), like you're propelling your body to jump up high in the air.





MORE CHALLENGING

- Jump on or off a squishy surface (e.g. a gymnastics mat or trampoline)
- Try the Kangaroo Jump on one leg (i.e. hopping on one leg, making sure to land softly with bent knees). Do 5-10 hops on one leg, then switch legs.



MAKE IT MULTI-SENSORY

- Imagine the whoosh of the wind in your ears as you Kangaroo Jump across the outback plains. You are fast and free!
- Imagine being a baby joey, all snuggled up, warm and safe in Mama Kangaroo's pouch.



PROGRESS TRACKER

Find a flat grassy space, and use a tape measure to measure how far you can jump. Make sure to land softly, with your knees bent.

Date	My personal best	My goal for next time



FUN FACTS

- Red kangaroos are the fastest jumpers of all mammals
- Red kangaroos can jump:
 - 56 kilometres per hour (speed)
 - 7.5 metres in a single jump (distance)
 - 2 metres high (height)