

AGES: 2-5

GROUP SIZE:

4-16 children

DEVELOPMENTAL GOALS:

- ✂ To develop number skills
- ✂ To promote large muscle development

LEARNING OBJECTIVE:

Using number cards, the children will recognize the number and jump the amount given.

MATERIALS:

Construction paper
Scissors
Marker
Basket

Jumping

ADULT PREPARATION:

1. Cut construction paper into squares.
2. Write the numbers on the squares depending upon the child's age and ability to recognize numbers.
 - a. Two-year-olds (0-5)
 - b. Three-year-olds (0-10)
 - c. Four-year-olds (0-12)
 - d. Five-year-olds (0-20)
3. Mix up the cards and place them in a basket.

NOTE:

For younger children, dots may be added to the cards to assist the child in counting.

PROCEDURES:

The children will complete the following steps:

1. Stand in a circle, approximately 3-4 feet apart.
2. One child will select a number card out of the basket.
3. Show the group the card.
4. The group will identify the number on the card and jump that number of times.
5. Steps 2-4 will be repeated until all children have had an opportunity to draw a number card.

DISCUSSION SUGGESTIONS:

- ✂ Jumping is a healthy activity that strengthens the muscles in the legs.
- ✂ Jumping also strengthens the heart.

