

COME AND BE NUTZ WITH US!

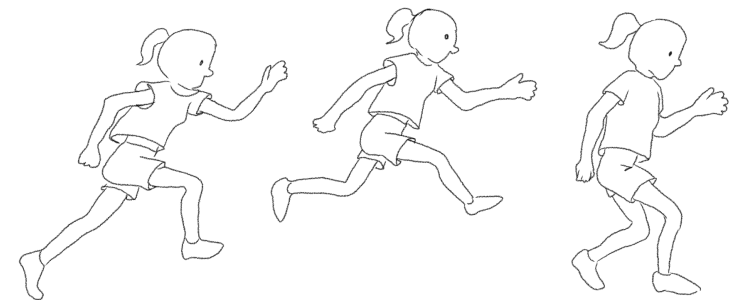


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Leaping!

How to

- Leaping is similar to a running motion, except the period where both feet are off the ground is longer.
- Specifically, a leap requires taking off on 1 foot, and landing on the opposite foot.
- A good way to practice is to jump over puddles (real or imaginary), over a line, or even a floor tile.
- Have a family competition to see who can leap the farthest: place ± 10 cm tape on the floor in front of each player, then put another piece of tape 30 cm in front of that. Then ask everyone if they can leap over the 2 pieces of tape. For each person that manages to do it, move the second tape further and further back each time to see who can leap the farthest.
- To incorporate some mathematics skills, why not get the tape measure out and measure each jump while teaching the children about units of measurement.



Why?

Leaping is a fundamental movement skill that children should learn to master before starting formal sport. Leaping requires the developmental skills mentioned below, and so practicing to leap, can help develop these skills too:

- Dynamic balance
- Bilateral coordination
- Lower-body strength
- Spatial awareness

It only
takes
5
minutes!