

# KIDS *in action*

## 3. Jump the Stick

Parent holds a pole just above the floor and child jumps over.

Variations:

Change pre-height of the pole. Move the pole back and forth. Vary the speed of the pole.



## 4. Jump the Brook

Use a towel or mark the sidewalk with the "banks of the brook." Child stands on one side of the brook and attempts to jump the brook without "falling in."

Variations:

Increase the width of the brook.



## 5. Simon Says

Simon says, "can you touch your toe to your chin?" Select body parts that bend and include stretching.

Variations:

Touch your ear to your shoulder.  
Touch your toe to your elbow.  
Touch your knee to your ankle.  
Touch your knee to your elbow.  
Touch your nose to your knee.