

# How Far Can You Jump?



## Materials Needed

Place markers of some kind - rocks or sticks or tape (anything really)

Space

Energy!

## Directions

Mark a starting point on the ground. Stand with your feet together. Count 1-2-3 Jump! How far can you jump? Mark the place you landed and try again. Did you jump farther this time? Or not quite as far?

Choose one of the markers. Start with your heel on the starting point. Walk heel to toe to the marker, counting how many "feet" you jumped.

## What Your Child is Learning

Math - Use nonstandard units to measure attributes such as length and capacity.

Physical Development - Engage in active play using gross- and fine-motor skills.