

Jumping Jacks



This is a fun movement activity with younger children to practise smaller numbers and directions *left* and *right*.

All children stand in a circle with a good distance between both their feet.

The facilitator then instructs:

Right hand to left foot "one"

Left hand to right foot "two"

Right hand to left hip "three"

Left hand to right hip "four"

Right hand to left shoulder "five"

Left hand to right shoulder "six"

Jump and clap above head "*SEVEN*"

Once the children have become familiar with the actions, they just say the number together while doing each action.

Variation:

For older children who have already learned multiples of the numbers, these multiples could be practised.

For example (to practice the number 2 as far as twenty):

Right hand to left foot "two"

Left hand to right foot "four"

Right hand to left knee "six"

Left hand to right knee "eight"

Right hand to left hip "ten"

Left hand to right hip "twelve"

Right hand to left shoulder "fourteen"

Left hand to right shoulder "sixteen"

Right hand to left ear "eighteen"

Left hand to right ear "twenty"

JUMP!