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# Jump, Crawl, and Roll!

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**Age :** Kindergarten children (age 2 - 5)

**Time:** 2 lessons

## 1. Warm-up (10 minutes)

Goal: Prepare the body for movement, improve reaction skills, and focus

Running and reaction to signals:

Description: Children run around the room or outdoors within a defined space (e.g., on a circle or in a designated area), and when they hear a signal (e.g., a whistle or the command "stop!"), they must immediately freeze. After freezing, they can get a new signal, such as "back to the start," "run to the corner," "run around in a circle," or "jump in place."

Variations:

Freezing on the signal – children can be asked to freeze in different poses (e.g., stand on one leg, raise their hand, etc.).

Changing direction – when the signal changes, children must immediately change direction (forward, backward, sideways).

## 2. Preparation (15 minutes)

Goal: Develop coordination, strength, and flexibility

Long jump:

Description: Children stand on a marked line and jump as far as they can. They can focus on their jumping technique – whether they are using both legs for take-off and how they land.

Variations:

Jumping in different forms (both feet, alternating feet, jumping while clapping hands).

Climbing on a ladder or rope:

Description: If available, children can try climbing a ladder (on a playground) or you can create an improvised "rope" bridge on the floor for them to crawl along.

Crawling under each other:

Description: Children line up and create a "crawling tunnel" – one child lies on the ground, and the others crawl underneath, then the roles switch.

Variation: Children can form pairs and take turns crawling under each other.

### 3. Main part (15 minutes)

Goal: Improve coordination, strength, and spatial awareness

Obstacle course:

Description: Set up an obstacle course with several movement activities:

Jumping over obstacles – set up low objects (e.g., cushions or small hurdles) for children to jump over. You can use different jumping directions – jumping on one foot, jumping like a frog.

Climbing – part of the course can include climbing a rope or using a children's ladder.

Crawling through a tunnel – use a children's tunnel or create an improvised tunnel using blankets or ropes.

Forward roll with assistance – at the end of the course, children can try a forward roll with your assistance.

Jumping over a balance beam – children try to jump over a low balance beam or walk across it.

Props: Cushions, small obstacles, tunnels, ladders, or rope nets.

Tip: The course should be adjusted to the children's abilities – for younger children, make it simpler and for older children, add more challenging elements (e.g., jumping on one foot or balancing on the beam).

### 4. Conclusion and relaxation (5-10 minutes)

Goal: Calm the body and mind after exercise, release tension

Relaxation and breathing exercises:

Description: Children lie on mats or sit in a comfortable position. Guide them to imagine they are little trees swaying in the wind. Let them breathe slowly and focus on the movement of their bodies.

Breathing exercises: Teach children simple breathing techniques (e.g., inhale through the nose, exhale through the mouth) or guide them through a relaxation process with calming music.

Calming down and farewell:

At the end, children can gather in a circle, briefly talk about what they enjoyed the most, and thank each other for the session.

This lesson plan offers structured, specific activities to help children improve their motor skills while having fun. It's important to ensure safety during certain movements, especially jumps or rolls, and provide enough space for the children to move.



