

Jumpnastics*

Jumpnastics is a coordination and balance activity done to music. The activity intensity is moderate to vigorous, depending on the tempo of the music. Read about the skills and carry out the directions below to complete the project.

Make a Music Choice. Select the music of your choice with a 4 beat rhythm (100 to 120 beats per minute).

Foot Movement Practice. First without music, practice each of the five foot movements until you can do each one eight times in a row (see the *Jumpnastics* chart below and the skills descriptions on page 2). Next, practice each movement with music. Practice until you can do each foot movement eight times without missing a beat.

Arm Movement Practice. Practice each of the five arm movements, initially without music, until you can do each one eight times in a row (see the *Jumpnastics* chart below and the skills descriptions on page 2). Next, practice each movement with music. Practice until you can do each movement eight times without missing a beat.

Perform a Jumpnastics Routine. Perform one of the two routines described below. Practice each combined foot and arm movement, without music, until you can perform them without missing steps. Then perform the combined leg and arm movements to music (8 beats each). Repeat each combination two times (64 beats total) to complete the routine.

Routine 1 (easy)		Routine 2 (harder)	
Kangaroo Hop with Jacknife Swing	8	One Foot Hop with Fan Swing	8
Kangaroo Hop with Pump Swing	8	Jumping Jack with Butterfly Swing	8
Kangaroo Hop with Punch Swing	8	Hot Sidewalk Hop with Jacknife Swing	8
Jumping Jack Hop with Butterfly Swing	8	Hop Kick with Pump Swing	8
Repeat (8 counts each).	32	Repeat (8 counts each).	32

Your Own Routine	
Choose one foot and one arm movement.	8
Choose another foot and arm movement combination.	8
Choose another foot and arm movement combination.	8
Choose another foot and arm movement combination.	8
Repeat (8 counts each).	32

Create Your Own Routine. Select four combinations of foot and arm movements. Practice each combination and then put the four combinations together (8 beats each, for total of 32 beats). Repeat the four combined movements to create a 64-beat routine.

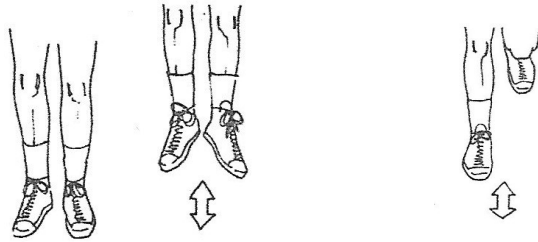
Make a Jumpnastics Video. After you have perfected your routine, have a family member record a video of you performing your routine.

Family Participation. Use the video to have all family members participate. Share your *Jumpnastics* video with friends and have friends share theirs with you. Submit your video project to your teacher.

Use the Chart on the next page to see how to perform each leg/foot and arm movements.

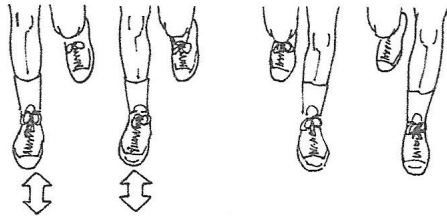
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Jumpnastics Skills



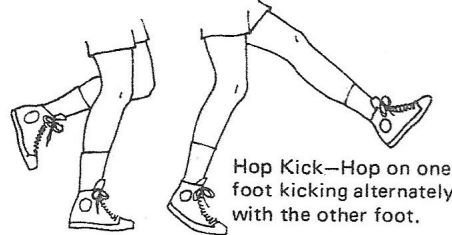
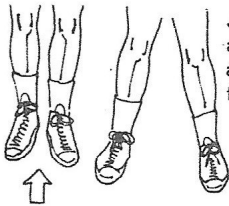
Kangaroo Jump. Jump up and down on two feet.

One Foot Hop. Hop up and down on one foot.



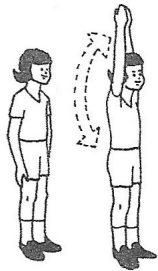
Hot Sidewalk Hop—Hop alternately (two times) one each foot.

Jumping Jack—Hop alternately spreading and returning the feet together.

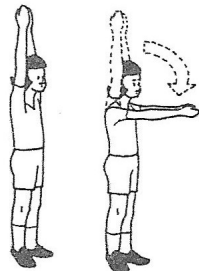


Hop Kick—Hop on one foot kicking alternately with the other foot.

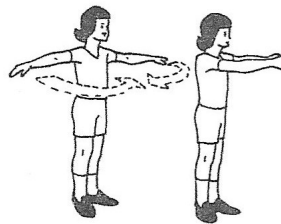
Arm Movements



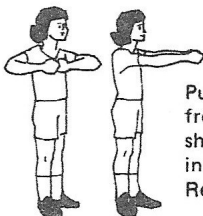
Butterfly Swing—Swing the arms alternately from above head to the side at shoulder height.



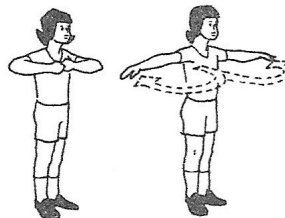
Jackknife Swing—Swing the arms alternately from above the head to a position in front of the body at shoulder height.



Fan Swing—Swing arms from sides to front (shoulder height).



Pump Swing—Push arms from a position near shoulders to a position in front of the body. Return arms near shoulders.



Punch Swing—Push arms from a position near shoulders to a position to the sides. Return.