

Lesson 8 – Jumping

Introduction – This lesson features Jumping locomotor skills and is supported by the *Cowboy Ken Jumping Song* that will direct students to use a variety of jumps in choreographed movements from Home Base.

Song Title: *Cowboy Ken Jumping Song*

Difficulty Level: Moderate



Objective and Outcomes:

To have students engaged in a variety of jumping movements including 2-foot jumps, mogul jumps, bell jumps, scissor jumps, and straddle jumps. Students will be able to jump side to side, alternate feet, and move forward and back as they playfully jump to the music in this activity as a group.

Activity:

The students will be able to use listening skills, coordination, and other physical movements to experience an effective workout combining jumping locomotor movements skills, rhythm, choreographed movement with a hobby horse.

Terms Used:

BACKWARD JUMPS – Jumping backwards

BELL JUMP - Alternating jumps forward and backward

FORWARD JUMPS – Jumping forward

HOME BASE – Place where each student will start and return at end of activity

JUMPING – Push upwards off of the ground with both feet and land on both feet simultaneously.

MOGUL JUMP – Alternating jumps from side to side

SCISSOR JUMP – Start with one foot forward and one foot back – weight evenly distributed. Jump up in the air and switch the forward and back foot.

STRADDLE JUMP – Start with feet together then move both feet out to each side and then back together - like a jumping jack.

TWO (2) FOOT JUMP – Jumping up and down with both feet. Standard jumping.

WALKING - Normal heel to toe walking

WHOA! - Stop and put your feet together

Materials:

Hobby Horses

Corral – 35-gallon trash can, box or other container to use as a corral, the place to return hobby horses when activities are completed

Cones – to mark off an area if needed

Printed materials: Hobby Horse Safety, Etiquette and Form

Media:

Mp3 audio file and player for the *Cowboy Ken Jumping Song*

Video link and video player and screen for the locomotor skills and choreography for the lesson.

The online **Cowboy Ken Jumping Instruction Video**

The online **Cowboy Ken Jumping Song Choreography Demonstration Video** with choreography with music for this lesson.

Preparation:

1. Review the online **Cowboy Ken Jumping Instruction Video** and learn the locomotor skills required of the students.
2. Review the online **Cowboy Ken Jumping Song Choreography Demonstration Video** featuring the choreography performed with the music.
3. Review the lyrics and listen to the MP3 of the song.
4. Decide whether the lesson will be led by the Hobby Horse videos or if it will be teacher led.
5. If students are going to follow the video, then have a way to play the video in the area the students will be performing the jumping choreography.
6. If teacher lead, review the locomotor skills and the song choreography so that you are sufficiently familiar with it to teach the activity.
7. Set up an area for the activity. Use cones or other markers if needed for designation.
8. Gather hobby horses
9. Set up your corral or area to pick up and return hobby horses to and place horses there
10. Have your mp3 player ready to go.
11. Have your online video player ready to go.

Procedure

Opening Instruction

1. Warm up with the *I'm a Hobby Horser* warmup activity.
2. Have students line up on their Home Base Line.
3. Tell students that they will be performing to a song called *Cowboy Ken Jumping Song*.
4. Remind them of Hobby Horsing safety rules, etiquette and form.
5. Explain that during the song activity they will stay on the same line keeping safe spacing from the students beside them as they do all of the jumping movements.
6. Remind students to return to their base line when the activity is finished.

Guided Practice for the Locomotor Skills & Choreography

1. Teach all the locomotor movements students will be using.
 - a. Video Led Instruction: Play the online **Cowboy Ken Jumping Instruction Video** and have students follow along with the video and repeat as necessary for proficiency.
 - b. Teacher Led Instruction: Teacher will lead the instruction of all the jumping locomotor skills needed to perform this lesson. Repeat for proficiency.
2. Follow along with the choreography of the lesson
 - a. Video Led Choreography: play the online **Cowboy Ken Jumping Song Choreography Demonstration Video** for the lesson. Have students follow along and repeat for proficiency.
 - b. Teacher Led Choreography: play the **mp3 audio file** for the *Cowboy Ken Jumping Song* and lead all the movements and choreography for students to follow along. Repeat for proficiency.
3. **Provide Additional Opportunities** – Find additional opportunities in our Music and Song Activities found on page 201. Download mp3 found on your Teachables Account. Simply choose the activity and the locomotor skills you want to call out for your students to perform and follow our basic presentation procedures.

Cowboy Ken Jumping Song (on the line activity)

To the tune of *Old Joe Clark*

Lyrics by David Fisher and Ken Frawley

Okay, Hobby Horsers, listen for Cowboy Ken. He's going to tell you what movement to do in place. Hold your horses and let's get started by marching. March, March, March, March...

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
2-foot jumps in place
2-foot jumps, 2-foot jumps, 2-foot jumps right now
2-foot jumps, 2-foot jumps, 2-foot jumps right now
March in place right now.
March, March, March, March

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
Forward jumps right now
Forward jumps, forward jumps, forward jumps right now (backward jumps)
Backward jumps, backward jumps, backward jumps right now
March in place right now.
March, March, March, March

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
Jump to the right, right now
Jump to the right, jump to the right, jump to the right, right now (jump left)
Jump to the left, jump to the left, jump to the left right now
March in place right now.
March, March, March, March

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
Bell jumps now
Forward and back, forward and back, bell jumps right now
Forward and back, forward and back, bell jumps right now
March in place right now.
March, March, March, March
March, March, March, March

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
Mogul jumps right now
Side to side, jump side to side, mogul jumps right now
Side to side, jump side to side, mogul jumps right now
March in place right now.
March, March, March, March

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
Straddle jumps right now
Apart together, apart together, Straddle jumps right now
Apart together, apart together, Straddle jumps right now
March in place right now.
March, March, March, March

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
Scissor jumps right now
One foot forward and one foot back; Switch and switch and switch
One foot forward and one foot back; Scissor jumps right now.
March in place right now.
March, March, March, March

Listen to Cowboy Ken, he'll tell you what to do
Listen to Cowboy Ken, he'll tell you what to do
Walk in place right now
Walk in place, walk in place, cooling down right now
Walk in place, walk in place, cooling down right now
Whoa! Now we're done!

Whoa! Hold your horses and feet together.