



WOOLLY STICK JUMP

Materials you need:

- Scraps of coloured wool
- Collection of different sized twigs and sticks
- Large area to run and jump.

Setup for play:

- Place the wool and sticks out on the grass or table.
- Show the children how to wrap strands of wool around the sticks until they are happy with their pattern.
- When everyone has made at least one 'woolly stick' lay them on the ground in a ladder formation with small gaps (around 10cm) between each one.
- Depending on age encourage children to jump over each stick using one leg or two leg jumps. Older children can hop, younger children will likely need to do a two-foot jump movement.
- When they reach the end run back to the start and try again. Stop jumping and start again at the beginning if you land on a stick!

What are they learning with this activity?

As the children make their sticks then jump they are learning to:

- Persist even when they find a task difficult
- Work together in a group with others
- Listen to and follow directions
- Use hand/eye coordination skills and demonstrate spatial awareness
- Manipulate equipment and natural materials with increasing competence
- Strengthen fine motor muscles and wrist control as they wrap and twist the wool
- Challenge their coordination and balance skills as they hop and jump.

Extending the play:

- Make the game more challenging by moving the sticks further apart to make the gaps in between larger.
- Add the woolly sticks to the dramatic play area to use as wands or anything they can come up with!
- Brush some PVA glue onto smaller twigs to make mini ladders for small world play.

