Goal!
Participants will complete three one-minute jumping sessions on 14 consecutive days (including weekends) or 15 weekdays.

Why jumping?
Any weight bearing activity (e.g. running, walking, etc.) is beneficial for bone. Research shows that jumping provides the most benefit.

What you need:
These jumping activities are designed to be done with no equipment and require minimal space (e.g. in a classroom). Music is not necessary but can be played if equipment is available. Track progress in Personal Record Keepers.

Directions:
Using a single type of jumping, or a combination of different jumps, participants will jump continuously for 60 seconds on the spot. Call out suggested ways of jumping to keep participants interested and engaged. Encourage them to try to land in the same spot that they took off from. Choose from the following list of ideas when leading your group through each session. Suggestions from participants are suitable if they involve jumping. Activities such as running on the spot do not provide the desired amount of impact. Lead this activity 3 times each day. If you do not see participants for a period of time, e.g. during the 14 day challenge which includes weekends, instruct individuals to complete three 1 minute jumping sessions on their own.
Ideas for jumping

a) Hop
b) Jumping jacks
c) Skip on the spot (no skipping rope)
d) Jump squares in the room (use floor tiles)
e) Jump as high as you can on the spot
f) Jumping Beans
   Jump as high as possible using different ways of taking off and landing.
   • Take off on 1 foot, land on 2 feet
   • Take off on 2 feet, land on 1 foot
   • Take off on 1 foot, land on same foot (hop)
   • Take off on 1 foot, land on other foot (leap)
g) Trampoline artist
   Participants will pretend they are on a trampoline and show various ways to jump
   • Straight up and down on 2 feet.
   • Split jumps – bring arms back to jump straight up, at top of jump split legs forward to back, bring legs in to land
   • Star jump – bring arms back to jump straight up, at top of jump move both legs and arms out side ways, bring legs in to land
   • Scissor jumps – arms back to jump straight up, at top of jump move legs in scissor action

   Note: The bone benefit of jumping on a trampoline is not yet known. The Canadian Pediatric Society and the Canadian Academy of Sport Medicine state: “The use of trampolines is a high-risk activity with the potential for serious injury.” They recommend that trampolines not be used for recreational purposes at home by children or adolescents.

h) Hopping Feet
   Tell participants they are standing on hot coals or hot cement so they have to hop to get their feet up one at a time. Repeat as quickly as possible the following sequence:
   • Touch left hand to right heel in front of body
   • Touch right hand to left heel in front
   • Touch left hand to right heel behind body
   • Touch right hand to left heel behind body

i) Imagine this…..
   Try not to demonstrate unless there are no responses from the participants.
   Begin with: Pretend you are…; Show me how…; How would you…; Let me see you… etc.
   • Skip like a giant with big boots
   • Pop like a bursting bubble
   • Skip like a light fairy
   • Pounce like a cat catching a bird
   • Float like a balloon – POP!
   • Hop like a hammer just dropped on your toe
   • Jump like cheerleaders
   • Kick like a wild pony
   • Move your legs like a pair of scissors

Most activities have been adapted From “Children in Sport: A Resource Manual for Sport Leaders” By Saskatchewan Sport Inc.