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| Materials | Tape measure or string, tape |
| Learning Outcome | Play an Inuit game to demonstrate the skills of jumping, agility, and balance. |

Description

The Kneel Jump is an Inuit game. It is said that historically the kneel jump was by hunters to move away from predators quickly if they were approached while kneeling on the ground preparing meat. Other accounts share how the kneel jump helped hunters move quickly across the ice to safety if the ice began to break. Ensure there is enough space to do the activity away from any safety hazards. Place a piece of tape on the floor to represent the jump line.

The child starts on the floor on their knees with their bum in contact with their feet. The child's toes should be outstretched so they are not on their tippy toes. The child lines up their knees with the jump line and uses their arms to swing behind their body and thrusts their body upward and forward in order to land on their feet as far past the jump line as possible. Use a measuring tape or string to measure the distance of the child's jumps. The measurement is taken from the heel that is closest to the jump line or the body part that falls backwards.

The child continues to kneel jump and jump the longest distance.

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

- What skills are you working on when you practice the kneel jump?
- Did your ability to kneel jump increase or decrease the more you practiced? Why do you think that is?



Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

| S Space | T Task | E Equipment | P People |
|--|--|---|---|
| Increase the space the child can jump to encourage continuous jumping in a straight line without measuring distance. | The child practices the standing long jump and measures how far they can jump. | The child kneel jumps from a raised pillow or mat to the floor. | With permission, use physical cues and hold the child's waist to support them with landing on their feet. |