

Feel the force of a jump

Now, we will do an investigation that's all about feeling the force of a jump. Get ready to defy gravity and leap into a world of discovery as you try to jump as high as you can!



Explore Activity: Quick Jump!

In this activity, you can see how high you can jump! When you jump, you use your strong legs to PUSH you up off of the ground. A jump is a push! Jumping again and again takes a lot of strength. Feel the strength of a your jump!

1. Stand in a line and wait for your teacher to say, "Go!"
2. Jump up and down as you follow your teacher's instructions.
3. Listen to your teacher's instructions to know how to hop.

Use these jumping queues to direct your students in the jumping activity:

Hop like a bunny, tiny jumps, big jumps, jump as high as you can. Jump from side to side. Take a rest. Jump really fast. Jump really slow.

Ask

Do you think your jump is a push or a pull? Why do you think so?

Example: I think my jump is a push because my legs push me up off the ground.

Activity Extension (Jump High): For your students to observe how high they can jump allow them to make marks on butcher paper that you tape to the wall (set up a few jumping stations). Ask them to note their name next to their mark and allow them to measure how high off the ground their mark is. With the help of a partner, they can make a mark for how high they can reach and for how high they can get their feet off the ground.