



ACADEMY SCIENCE CAMP

from home

Hop, Jump and Leap

Not all animals walk or run. Some use other methods to get around. If humans couldn't walk or run, do you think we'd do well moving around by hopping, jumping or leaping?

Know before you begin

- This activity can be done inside or outside
- All supplies are easy to find, substitute or modify
- Adult supervision is recommended
- Please choose a safe space for this activity

Materials

- A ruler or tape measure
- Tape





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Instructions

In a hallway, long room, clear patch of grass or sidewalk, measure out a six-foot length on the ground. Be sure this area is clear of obstacles and flat.

HOPPING

At one end of your measured distance, crouch down like a frog, knees bent.

Hop!

How far did you go?

How many hops does it take to go six feet?

How does it feel to move this way?

LEAPING

Using your same measured space, stand normally at one end. When you leap, you can put one foot out in front of the other.

Leap!

How far did you go?

How many leaps does it take to go six feet?

How does it feel to move this way?

JUMPING

Using your same measured space, stand normally at one end. When you jump, keep your feet together.

Jump!

How far did you go?

How many jumps did it take to go six feet?

How does it feel to move this way?

Now that you have tried all three, which would you prefer? Why?

