

# Bounce at the Bell

Action Schools! BC



✓ classroom

✓ Gymnasium

✓ outdoors

K to 3

Healthy Bones

Children often do not experience the benefits of extra loads on their skeletons through jumping. Bounce-at-the-Bell is a physical activity program loading students' bones for osteogenic benefits. Results from research projects indicate positive benefits from an 8 month, school based jumping program involving 5 jumps, 3 times a day, 4 days a week.

HEALTH  
COMPONENTS  
OF FITNESS

ENDURANCE  
STRENGTH

JUMPING  
BALANCE

FUNDAMENTAL  
MOVEMENT  
SKILLS

## CURRICULUM CONNECTIONS



### BIG IDEAS

- Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living (K-1).
- Learning how to participate and move our bodies in different physical activities helps us develop physical literacy (2).
- Movement skills and strategies help us learn how to participate in different types of physical activity (3).

### CURRICULAR COMPETENCIES:

- Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments.

### CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- Effects of different activities on the body (1).
- Effects of physical activity on the body (2).



# FIRST PEOPLE'S PRINCIPLES OF LEARNING FOR ALL STUDENTS

- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.

## COMPREHENSIVE SCHOOL HEALTH CONNECTIONS



### RELATIONSHIPS AND ENVIRONMENTS

- Students working together and/or other classes to provide feedback on movement (e.g., utilizing buddy classes to teach jumps).

### TEACHING AND LEARNING

- Participating in these activities helps students learn about their physical health.

### OUR SCHOOL POLICIES

- Students follow school/class guidelines on how to speak and treat each other.

## EQUIPMENT AND RESOURCES



- Bell-optional
- *Bounce-at-the-Bell Jumps* or Poster

## IMPLEMENTATION



- Use the K to 3 Bounce-at-the-Bell jumps recommended or try any of the Grades 4 to 7 Bounce at the Bell jumps.
- Photocopy figures provided and display and/or display the *Bounce at the Bell Jumps* poster.
- Jump the same as your age (i.e., if 6, then 6 jumps), 3 times a day, 4 days a week.
- Jump before entering the school, at the recess or lunch bells (or “bounce” at the drum).
- Count the jumps out loud in unison. Count in other languages (e.g., French, Punjabi, Mandarin, or a First Nations language).

- Announce a school-wide bounce over intercom.
- Jump at the start of assemblies, as part of a station, or as part of the playground circuit (See playground circuits at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)).
- Have students work together to provide feedback on movement (e.g., Are they landing with bent knees to absorb the force of landing, are they swinging their arms forward and up to help with their jump, feedback on balance, etc.).
- Have students explain how participating in this activity can contribute to their physical health (e.g., Make them stronger, help their bones develop, help them develop full body control while moving, etc.).

## ACTION TIPS

- Get air when jumping – knees up.
- Use arms to help provide lift in the jumps.
- One foot jumps (e.g., knee knocker) require the count per leg (e.g., 5 per leg or count to 10).

## SAFETY CONSIDERATIONS

- Ensure students warm up before the activity and cool down and stretch afterwards.
- Ensure teacher is present and can observe students at all times during the activity.
- Ensure proper footwear and tied laces.
- Review with students how to land a jump properly - with bent knees.

## EXTENSION OF LEARNING

- Have students brainstorm what other animals/creatures jump and bounce. Create a list and put on the classroom wall.

# Knee Knocker

Action Schools! Bc



✓ classroom

✓ gymnasium

✓ outside

K to 3



**Starting Position:** Stand with legs shoulder-width apart.

**Action:** Jump high from leg to leg · Lift knees high in front · Get "air"



Healthy Bones

# Motorcycle Jump

Action Schools! Bc



✓ classroom

✓ gymnasium

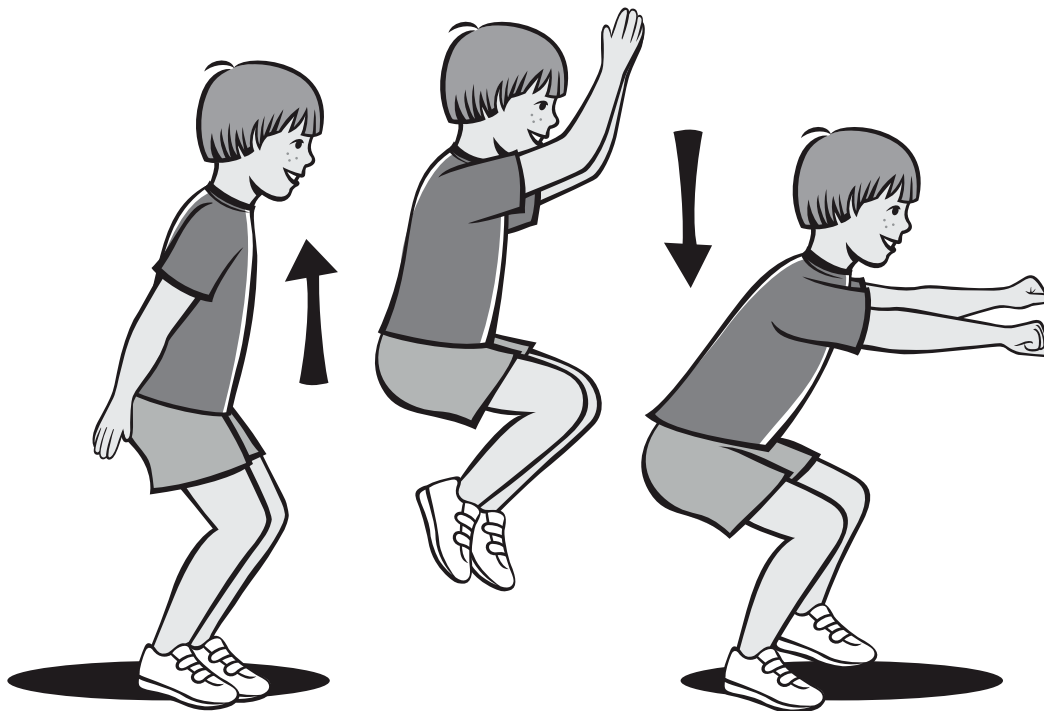
✓ outside

K to 3



**Starting Position:** Stand with feet shoulder-width apart and knees bent

**Action:** Jump and land on the spot, straight up and down · Swing arms up · Land with bent knees and arms forward, as if sitting on a motorcycle



Healthy Bones

# Skier Jump

Action Schools! BC



✓ classroom

✓ gymnasium

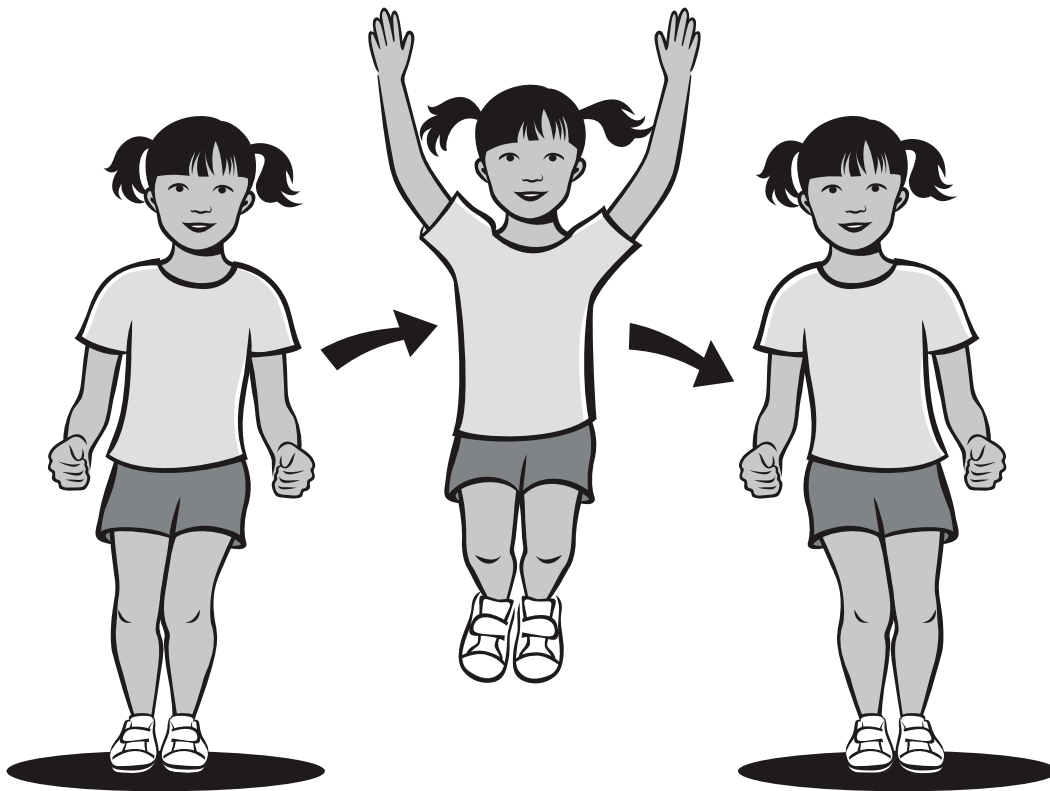
✓ outside

K to 3



**Starting Position:** Stand with feet together

**Action:** Jump from side to side · Swing arms up · Land with feet together · Land with bent knees



Healthy Bones