Modifications:

- jump off of curb with assistance

Pre-K Proprioceptive Activity C

Jump Off!

Instructions:

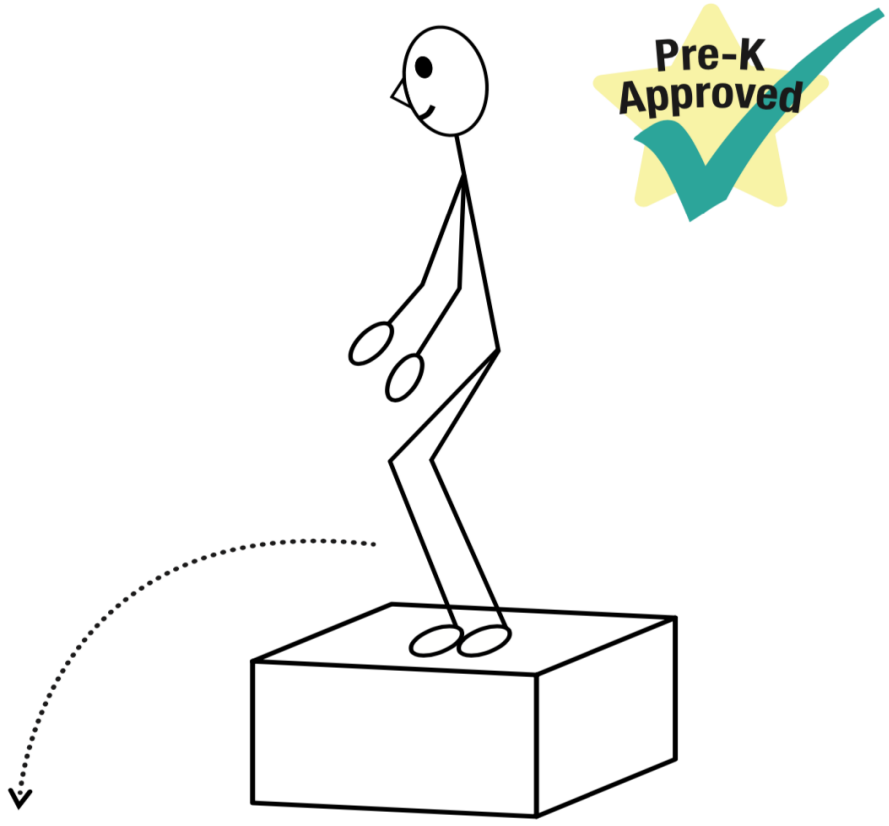
- Have the child climb up on a sturdy box and jump off!
- Any stable object, preferably at least 16"x16" wide, will work.

Performance Objectives:

- Increase proprioceptive input to the lower extremities through "Heavy Work" and balance

Further Suggestions:

- Start at a height of 10" and move to a height of 16" as the child matures.
- It may be necessary to help the child climb up onto the box.
- Work towards having the child jump off independently and landing on a square marked out by tape on the floor.



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