

3.12 Bouncing

PDMS-2 Locomotion Item 25

► **Instructional Objective:** With the child in a standing position, holding your fingers to the front at shoulder level, the child bounces by flexing the knees three times or more when you move your hands up and down.



Reason for Teaching: Bouncing while flexing the knees helps to strengthen the legs in preparation for walking. We also use this type of bouncing with the knees in other activities as part of a movement sequence or a movement itself.

Related Skills in Natural Environments: We might bend and straighten our legs with a bounce in a dance step, to begin a jump or extend the body as in shooting a basketball, or to exercise the legs.

Critical Elements: The child must be able to bear weight with the legs, keep the head and trunk aligned over the knees and feet, bend the legs slightly at the knees, and straighten the legs from the bent position. The heels must elevate from the surface.

Instructional Strategies:

1. When dressing the child, hold him or her in a standing position to bear weight on the legs and feet. This is a prerequisite skill needed in order to bounce. Hold the child in a standing position. Do the strategies in Activity 3.11 in preparation for this skill.
2. Hold the child standing on your lap. Sing a song and move the child up and down without his or her feet leaving your lap. Make this a fun singing and bouncing game.
3. Hold the child around the trunk with him or her standing in the crib or playpen. Gently bounce the child two or three times, then lift him or her up to your eye level. Make this like a fun game.
4. Play music and bounce the child in a standing position on your lap as you hold him or her around the trunk. Sing along with the music. Say, "We are bouncing."
5. In the living room or the child's room, play music and bounce the child gently as you hold his or her hands. Do this in the baby swimming pool, during bath time, or while playing on the floor.