

Jumping Your Hurdles

8. *Jumping Hurdles*

Spatial Requirements: Gym/outdoor space required

Activity Type: Movement/group

Grades: K-12

Group Size: 2 or more

Time: 5-10 minutes

Introduction:

This activity will help students better visualize the “Jumping Your Hurdles” metaphor. It will demonstrate that if we work hard and take our challenges one step at a time, we will be able to overcome them.

Materials:

- Hurdles and space to take turns running and jumping over them. (A P.E. teacher in your school or district may have hurdles that you can borrow. If not, simple hurdles can be made using bungee cords and objects in your room like desks or chairs, or using a yardstick, dowel, or broomstick with blocks or boxes of various sizes.)
- Mat/lawn recommended

Activity:

Have the students take turns jumping over the hurdles. Have them start by jumping over low hurdles. Make the hurdles higher and have the students try jumping again. Raise hurdles again and give the students a chance to jump once more. Discuss with students possible strategies for getting over the hurdle as it gets higher. Strategies might include starting with smaller and working up, getting a running start, practicing, visualizing yourself doing it, and building strength and speed.

Discuss ways athletes work at getting better in their sport.

Processing the Experience:

- Which hurdle was the hardest for you to jump over? Why?
- Did you do anything differently to jump the high hurdle versus the lower hurdle? What are some things you can do to get over the taller hurdle?
- How did you feel when you cleared the low hurdle?
- How did you feel when you cleared the higher hurdle?
- What are some hurdles we face in life?
- Do you think it's possible to overcome them with belief and practice? Why?
- How can overcoming our hurdles today prepare us to overcome bigger hurdles later in life?