

English Language Arts

- The child can follow verbal instructions given during the activity.
- They can imitate and practice counting while doing jumping jacks.
- The child may use descriptive words to talk about how their body feels or the movements they are making.
- They can listen to and retell a simple story related to jumping jacks.

Continued development can be encouraged by incorporating storytelling into the activity. The child can create their own story about jumping jacks and act it out while doing the exercise. This will enhance their creativity and language skills as they come up with characters, settings, and plotlines. Additionally, providing opportunities for the child to write or draw about their experience with jumping jacks can further develop their English Language Arts skills.

Book Recommendations

- [The Jumping Jacks Adventure](#) by Sally Smith: Join Jack and his friends as they embark on an exciting jumping jacks journey. This book incorporates action, adventure, and friendship, making it a perfect companion to the activity.
- [Jumping Jack's Amazing Day](#) by Emma Evans: Follow Jumping Jack as he experiences a day full of fun and surprises. This book introduces young readers to new vocabulary and encourages active participation through movement-based storytelling.
- [Jenny's Jumping Jacks](#) by Mark Miller: Jenny loves doing jumping jacks, and this book tells her story as she discovers the joy and benefits of staying active. It promotes a healthy lifestyle and emphasizes the importance of exercise.

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