

- The child has learned how to jump and land safely on the pillows.
- They have developed their balance and coordination skills while jumping on the pillows.
- Jumping on the pillows has helped the child improve their leg strength and muscle control.
- The activity has also enhanced the child's spatial awareness as they navigate and jump on the pillows.
- Jumping on the pillows has provided a fun way for the child to engage in physical activity and burn off energy.

To continue developing physical education skills related to this activity, you can encourage the child to:

- Try different jumping techniques, such as jumping with one foot or jumping from a higher surface onto the pillows.
- Create obstacle courses using the pillows and incorporate jumping as part of the course.
- Practice counting while jumping on the pillows, such as counting how many jumps they can do in a row.
- Introduce different variations of jumping, such as jumping forward, backward, or sideways.
- Encourage the child to use their imagination and incorporate storytelling or pretend play while jumping on the pillows.