

Jump to It

Two-footed jumps and steady landings. Can you land without a wobble?

How to play

- Mark a start and finish line, approximately 15 metres apart.
- Players start on the start line and jump using a two-footed take-off and making a two-footed landing to cross the area.
- How few jumps can players use to successfully cross without wobbling on landing?



Equipment

Cones to mark area.



Safety tips

Remind players to keep heads up to avoid collisions.



This activity links to the Change4Life Primary Sports Club Combat theme.

Challenging Me: Providing challenges and ideas to develop the whole player

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Thinking Me Consider what you could do with your arms to help you to travel further each time you jump.

Social Me Share your top tips with others for this game so you can all improve.

Healthy Me Talk to others about which parts of the game you enjoyed the most.

Physical Me Practise jumping as far as you can on grass or a mat to get used to the landing.

Creative Me Develop a theme for the game to make it more fun.



STEP: Making the game easier and harder and including ALL young people

SPACE Change the distance between the start and finish line.

TASK Add a one-footed balance after the player lands each time. Try a one-footed take off and/or one-footed landing.

EQUIPMENT Add cones in the jumping area for players to avoid, creating zig-zag jumping pathways.

PEOPLE Play as a relay from each side of the area.

Great for playing...

- in Change4Life Sports Clubs
- at playtime/lunchtime
- at home

Making this game work in a small space

Place markers on the ground. Players must jump an agreed number of jumps while being timed. Who can complete them the fastest without wobbling?