



GAMES CARD 3

Fun Jumping Games

Different Jumps (♣♠) – Make up jump sequences that last 30 secs (1 to 2 feet, crouch start, forwards, backwards, sideways)

Rope Jumping (♣♠) – try variations such as forwards and backwards, double jumps, short and long ropes. Variation - Try jumping a long rope holding plastic cups filled to the brim with water. Person with the most water left in their cup wins.

Elastics (♣♠•) – You'll need a piece of elastic about 2 metres long. Use chair legs to hold elastic in place. Make up your own jumping routines. Songs or rhymes increase the fun. Here's one to get you started; 'England, Ireland, Scotland. Wales. Inside, Outside, Puppy Dog Tails!' Start at ankle height and work your way up.

Shape Jumping (♣♠) – jump from a low platform to make a shape in the air (wide, curled, thin, twisted). Land motorbike style in a hoop

Make your Mark (♣♠) – hold a piece of chalk, jump from the ground and leave a chalk mark on the wall as high as you can.

Forbidden Fruit (♣♠•) – Hang an object from a string from a tree limb or other structure. Hoist it up and see how high you can go.

Sack Races (♣♠) – use old pillow cases or tie legs together

Leapfrog (♣) – Start by having the person being jumped over kneeling in a tucked position. Work up to bent over with hands on knees.

KEY: ♣ = can be played by one person, ♠ = needs more than 1 player, ♣♠ = some equipment needed, • = organisation required, ♠♠ = can be played inside