



# 10 SECOND CHALLENGE

Can you be the quickest jumper?

A-Z



## HOW TO PLAY GO FOR IT!

- > How many star jumps can you do in 10 seconds?
- > How many frog jumps can you do in 10 seconds?
- > How many kangaroo jumps can you do in 10 seconds?
- > How many rabbit jumps can you do in 10 seconds?

**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



### YOU WILL NEED:

- > Floor space for lots of jumps!
- > Another person to time you



### REMEMBER

This is a family activity so 2 people can take turns – one jumping and one timing!



### SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



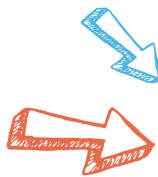
### Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



### CHALLENGE!

Try different jumps! Can you make up your own and see how many you can do in 10 seconds? Can you beat your best time?



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