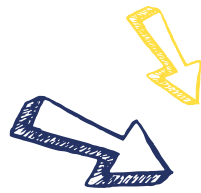


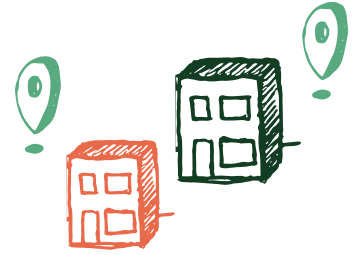


JU:MP!

Just Jump!



A-Z



HOW TO PLAY LETS JUMP!



- > Start on two feet and jump into the air as high as you can!
- > How far can you jump?
- > Can you invent a super crazy jump?
- > What's the smallest jump you can do?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Nothing!
- > A cushion or something to jump over if making it more difficult



REMEMBER You can jump on your own, in a group or even as a competition - who has invented the most crazy jump?



SAFETY...

Be sure to move any furniture out of the way!



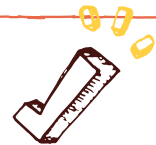
Why not try?

- > Jumping forward, backwards or sideways
- > Twisting your body as you jump
- > Creating a jump dance routine to some music
- > 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!

Can you jump over a cushion?



JU:MP@HOME



For more fun activities visit:
JUMPATHOME.ORG

