

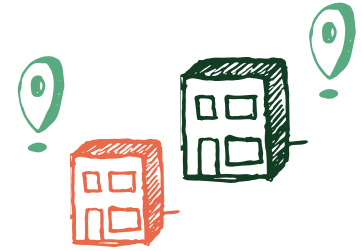


# PILLOWCASE SACK RACE

Can you be like a kangaroo?



A-Z



## HOW TO PLAY BECOME THE KANGAROO!



- > Get a pillowcase
- > Put both legs into the pillowcase
- > Hold the sides and jump!
- > You can also make a start and finish line to really test yourself!

**SUITABLE FOR:** Ages 6-14

**TAKES:** 20 minutes



### YOU WILL NEED:

- > Pillowcase



### REMEMBER

It may be tricky to start with and you may fall. If at first you don't succeed try and try again!



### SAFETY...

Remove all objects that may get in your way



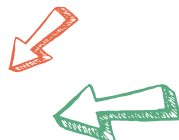
### Why not try?

- > 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!

Can you do a lap around the room? Go for it!



**ju:MP@HOME**



For more fun activities visit:  
**JUMPATHOME.ORG**

