



TIGHT ROPE

Pretend you are in the circus!



A-Z



HOW TO PLAY LETS GO!



- > Find something to mark a tightrope on the floor (e.g. tape or string)
- > Balance along the tightrope and be careful not to fall off!
- > Try balancing on one leg
- > Can you do different poses or balances?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Tape or string



REMEMBER

This doesn't require a lot of space
- a corridor would be great!



SAFETY...

Clear a space as you
may lose your balance!



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!

Add twists and turns or follow the leader dance moves!



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For more fun activities visit:
JUMPATHOME.ORG

