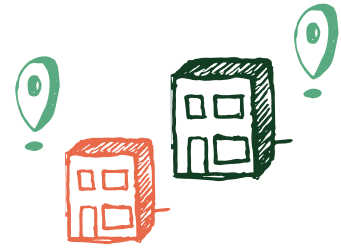




JUMP THE LINE!

Can you twist and jump at the same time?

A-Z



HOW TO PLAY GET JUMPING!



- > Stand at one side of the line
- > Jump over the line whilst twisting in the air to the other side
- > How many jump twists can you do in 5 seconds?
- > Stand at one side of the line
- > Hop over the line and back again
- > How many hops across the line can you do in 5 seconds?
- > Stand at the far end of the line
- > Jump from one side to the other until you reach the end!
- > How many jumps can you do before you reach the end?

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

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Floor space for lots of jumps!
- > A line to jump across (you could use a piece of string or a line in the pattern of floor tiles)



SAFETY...

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



REMEMBER

This is a family activity so at least 2 people can take part!



CHALLENGE!

Try different jumps and hops across the line! Can you make up your own and see how many you can do in 5 seconds? Can you beat your best time?



JUMP@HOME



For more fun activities visit:
JUMPATHOME.ORG

