



SOFA JUMPING

A-Z

Can you jump the highest?



HOW TO PLAY JUMP LIKE A FROG!

- > Stand in front of the sofa (or the object you'll be jumping up onto)
- > Now jump as high as you can onto the sofa (or object)
- > Can you do this ten times?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > A sofa (or something to jump up onto)



REMEMBER You need to be like a frog – get those knees up high when you jump to get you higher!



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 doing 15 jumps onto the sofa then back down again!



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For more fun activities visit:
JUMPATHOME.ORG

