

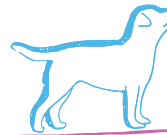
ELASTIC JUMP ROPE

Can you do all of the activities?



HOW TO PLAY

ELASTIC JUMP ROPE



- > With the elastic stretched around two people's ankles to make a rectangle stand facing one end of the rectangle

Jump astride the left elastic

Jump astride the right elastic

Jump astride the left elastic

Jump astride the right elastic

Jump both feet inside the elastic

Jump both feet outside the elastic

Jump one foot on each elastic

- > If a player makes no mistake the elastic is higher next time!



REMEMBER

This is an activity everyone can get involved in!

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > Elastic

SAFETY...

Be sure to find a suitable and safe place to play like your street or in the park



Why not try?

- > **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 #Bringbackoutdoorplay



ju=MP FUN DAYS