



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

