



Cycle Your Bike/Scooter 10 minutes	Go for a Walk/Walk the Dog 15 minutes	Create Your Own Obstacle Course	Run 5 minutes
Triple Jump 	Hurdle Jump 	Long Jump Two 	Obstacle Jump 
Active Housework/ Active Work Outside 10 minutes	Play Balloon Volleyball 10 minutes	Skip 2 minutes	Make up a DANCE to your favourite song
Other:			

## Games Instructions

### Triple Jump

#### Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.

#### How to play

To learn how to do the triple jump, practise the following steps:

1: Jog, take off on one foot, land on the same foot (this is called a hop). Practise this several times.

2: Jog, take off on one foot and land on the other foot (this is called a step). Practise several times.

3: From a standing position, do the hop, then the step and then a jump as far as you can. Try to link the 3 moves together without any pauses.

4: From a jogging start, do the hop, then the step and then the jump as far as you can.

5: Using a start line of rope or string, jog up to the line then begin the hop, step and jump. Mark your distance from the start line with your teddy or jumper and try to beat your score!

### Long Jump Two

#### Equipment Needed

A length of rope or string and a teddy or jumper.

#### How to play

Use the rope as the start line on the ground. Practise:

- A standing long jump from the line



- Jumping two feet and landing two feet

- Running up to the line and jumping

Mark the distance of your jump with your teddy. Try to improve your distance.

### Bring a Story to Life

#### Equipment Needed

Two chairs and a sweeping brush or mop.

#### How to play

Set up your hurdle by placing two chairs facing each other about one metre apart in the playing area.

Place the brush resting across the two chairs to make a bar to jump over.

It should be at about knee height. Practise jogging up to the bar and jumping over it. Take off from one foot and land on the other. How many hurdle jumps can you do without knocking the bar?



### Obstacle Jump

#### Equipment Needed

Four obstacles to jump over such as toys, jumpers or boxes.

#### How to play

Place your obstacles two metres apart in the playing area.

Skip or run up to each obstacle and jump over it. Try jumping

- From two feet to land on two feet

- On one foot to land on the same or other foot



