



JUMP THE RIVER

Physical Activity Challenge

INTRODUCTION

Who can jump the furthest? This is a quick and easy game to setup and play, with challenges for all ages. Even the adults can join in and see how big a river they can jump.

WHAT WE NEED

- Two ropes/bits of string/strips of material
- An area to jump in clear of obstacles

WHAT TO DO

Stretch out the two bits of rope and set them a small space apart in parallel. Then run up and jump over the gap between the ropes. Every time you succeed, you make the gap larger.

If there isn't room to run and jump then start from a standing jump. Two footed at first, and then maybe change to a one footed hop.

