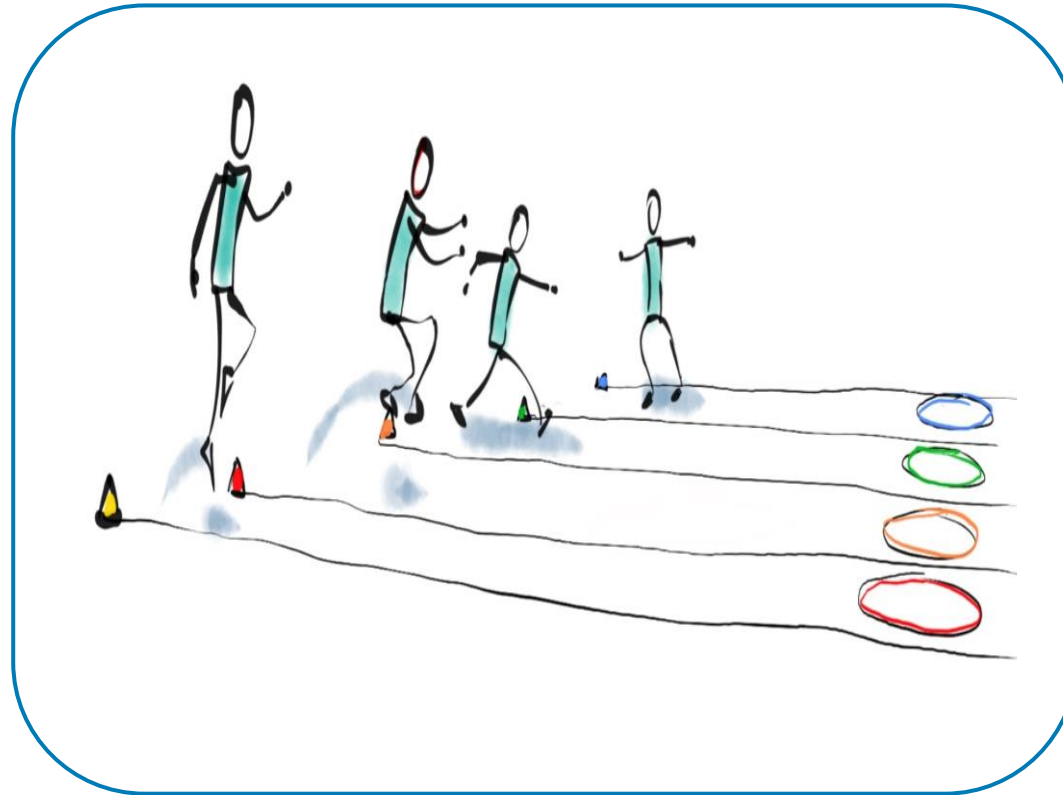


how to set up:

- Children make a start line using an object such as a jumper or towel.
- Use a similar object for a finish line.
- Ensure each jumping area is in a good space away from others.

**equipment:**

- Jumper
- Towel
- Kitchen roll to mark out start / finish line

how to score:

- Children must try reach the finish line in the least number of moves.

how to play:

- Children and family members can challenge themselves to reach the target hoop in different ways. The diagram above shows some examples of jumping to the finish (hoop).
- Can you think of different combinations of jumps to get to the finish line? – this will encourage improving your technique and competing with other family members to see who can reach the finish line first.
- To make this activity easier or harder move the finish line / object to the appropriate distance.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

By practicing this activity, your child will develop the following skills:

- ✓ Coordination and movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Speed endurance
- ✓ Balance & flexibility
- ✓ Competing with others

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.

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