

**equipment:**

- You need 2 objects (stones or shoes) to act as a marker.

how to set up:

- Work in a pair with a family member.
- Find a space and place the objects 1 step apart.

how to play:

- The area between the objects is the sea.
- The aim is to jump over the sea and reach the land on the other side.
- The children/adults take turns to jump over the sea.
- If one child manages to reach the land at the other side, they increase the distance between the objects by half a step.
- The pairs aim to spread their cones as far apart as possible.
- Encourage children to experiment with different ideas to jump further.

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
- ✓ 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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