

# Jumping Activities

## Activity 1:

### Jump for Gold -

Step 1: Feet together, bend knees

Step 2: Jump against a wall

Step 3: Touch the wall as high up as you can

Step 4: Try and beat your score

Repeat 20 times



## Activity 2:

### Toilet Jump -

Step 1: Stack toilet rolls up – use 1 at first

Step 2: Stand sideways, bend your knees

Step 3: Jump over the toilet rolls, ensuring you land with feet together.

Step 4: Add a toilet roll on top.

Keep going till toilet rolls fall over because you can't jump over them. Then start again.

