





GAME

JUMPING THE RIVER

SET
SPORT

HOW TO PLAY

Use the 2 pieces of rope to create the river. Start with them quite close together and gradually move them apart after each jump. Dream up a theme to make it more exciting. Shark-infested waters usually worked for Jamie and Andy!

You can begin this game with a simple standing jump from the edge of the river (rope!) and move on to a run up, stop, jump and land. Encourage a balanced landing by adding the hoop so they have to remain in a set space.

Are you picturing triple jump and long jump?

TRY THIS

- standing jump edge of river.
- hop over the river.
- run up to the edge of the river.
- make the river wider.
- add the hoop.
- parent throws a ball to child in hoop. child catches and throws it back.

Tips: encourage kids to lower their centre of gravity on take off and landing. "Crouch down" or "bend your knees" should work.



WHAT IT DOES
HELPS TO DEVELOP LEG
STRENGTH AND THE DYNAMIC
BALANCE REQUIRED TO STOP
FROM A MOVING POSITION,
PUSH OFF AND LAND IN A
BALANCED POSITION.

WHAT YOU NEED
TWO PIECES OF ROPE
AND A HOOP.