



Power Jump

To play this game you need jump as far away as possible from a standing position

- 1) Find an area that is safe and where you can plan your jumping challenge
- 2) Can you jump over as many obstacle as you can (e.g. Bags, coats etc)



Simplify

- Jump over smaller objects
- no equipment- standing long jump

Progression

- Add checkpoints with obstacles before reaching the finish line
- If you touch an object when jumping over you have to go back to the start

#StayHomeBeActive