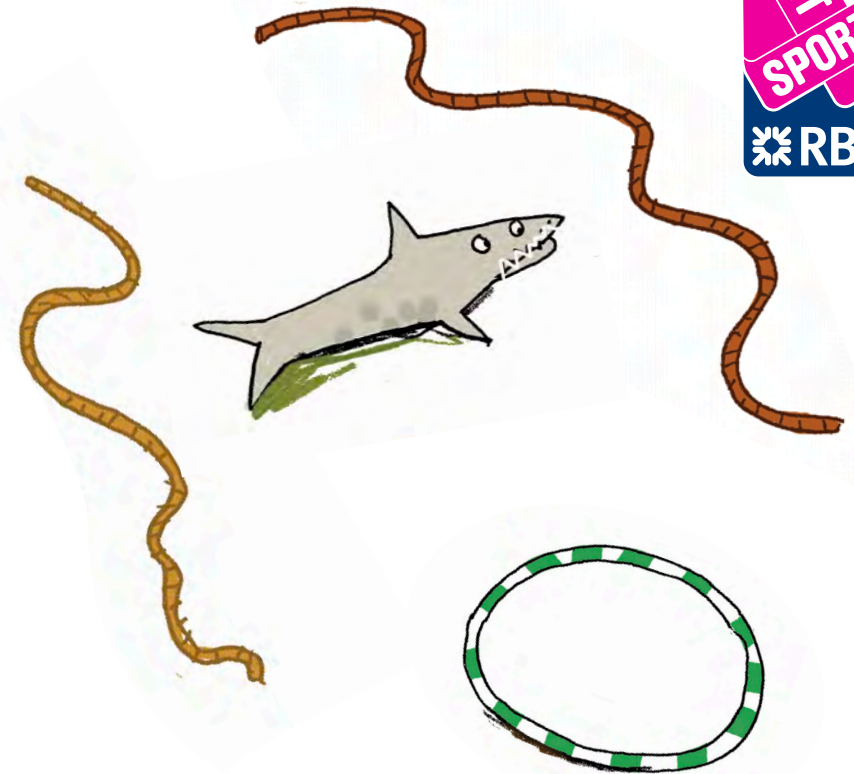




GAME

JUMPING THE RIVER



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.

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.

