



Get Set 4 P.E.

# Run and jump

**What you need:** a cone or chalk or line on the playground.

## How to play:

- Split your group into two even teams.
- One team are the runners. The other team the jumpers.
- Runners take it in turns to run 4 lengths of your playground (adjust the distance where necessary).
- Whilst one runner is running, one jumper completes as many speed bounces over a marker as they can.
- Once the runner has completed 4 lengths the jumper stops.
- Then the next runner and jumper begin.
- Jumpers add their totals together to get a team score.
- Then teams change over.
- Which team can get the most jumps?

Change teams and play again, perhaps changing the jumps to burpees or an exercise have they learnt at home.



## Considerations:

- Ensure children waiting are spaced 2m apart.
- It's a team game so encourage good sportsmanship and teamwork whether they win or lose.