



Get Set 4 P.E.

Jumping tricks

What you need: A clear space so tuck your chairs in before you begin.

How to play:

- Ask the children to explore the following jumping patterns. Maybe at lunchtime they could try them out with a skipping rope? Repeat each for 30 seconds.
- Scissors: Jump one foot forward one foot back, jump and change feet.
- Hopping: Practise right then left.
- Ski slalom: Jump side to side with feet together.
- Criss cross: Jump feet to cross then wide.
- Hopscotch: One foot, two feet, one foot, two feet.

