

STAY ACTIVE AT HOME



JUMPING ACTIVITIES

Activity 1

Jump for Gold

Step 1: Feet together,
bend knees

Step 2: Jump against a
wall

Step 3: Touch the wall as
high up as you can

Step 4: Try and beat your
score

Repeat 20 times



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JUMPING ACTIVITIES

Activity 2

Toilet Jump

Step 1: Stack toilet rolls up
– use 1 at first

Step 2: Stand sideways,
bend your knees

Step 3: Jump over the
toilet rolls, ensuring you
land with feet together.

Step 4: Add a toilet roll on
top.

Keep going till toilet rolls
fall over because you can't
jump over them. Then
start again.

