



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Speedy Jumps

Sponsored by British Dodgeball



Overview: This is a quick, intense and easy way to burn a lots of energy!

Time: 5 - 10 minutes.

Equipment required: An open space.

Benefits:

- A very active and intense exercise. Perfect for the end of the day!
- A great way to challenge children in a positive way that builds confidence.
- Improves speed and power.

The Activity:

1. Choose a child (or perhaps you) to be the leader and stand in front of the players. Explain that they are going to jump from side to side for 30 seconds.
2. The rest should match their pace, staying in time with the leader for the full 30 seconds.
3. Once the time is up, let them rest for 30 seconds and choose a new leader and then repeat.

Part Two:

1. Secretly tell the leader to start slow and then get faster and smaller with the jumps, until everybody is going as fast as they can!
2. Secretly tell the leader to go very slowly, but gradually jump further and further.
3. Challenge everybody playing to jump in a square pattern - forward, right, back, left and repeat.