



# JUMPING

## KANGAROO

## JUMPS



### COACHING TIPS

- ▶ Swing your arms back and bend your knees.
- ▶ Swing your arms forward, push through the floor and reach for the stars.
- ▶ Leap forwards as you reach for the stars.
- ▶ Bend your knees on landing.

### THE GAME

Mark yourself a line on the floor with chalk, a skipping rope or ruler. Jump from the line as far forwards as you can, springing up like a kangaroo.

Mark where you land and try to beat it! A kangaroo can jumper around 2 metres, how close did you get?

### DIFFICULTY LEVEL

#### Tricky

Set out lily pads (you might need to create some) or chalk on the pavement, number them 1-10, or use alphabet letters and jump from one to the other

#### Trickier

Change the distances between and angles of the lily pads

#### Trickiest

Why not explore new jumping techniques like a one-legged jump – try your dominant and then non-dominant leg.