

## HOME CHALLENGE: JUMPING OBSTACLE COURSE

**BUILD YOUR OWN JUMPING OBSTACLE COURSE IN YOUR BACKYARD OR LIVING ROOM** JUMP Here are some ideas of things you could find around your house to put in your course: **Pillows** Rope JUMP нор Toys Pots/buckets Tape Broom JUM HOP JUMP Here are some tips to help you: HOP Take off – Swing and spring BALANCE 오 In the air – reach for a star and pull it down JUMP 오 Landing – land like you're on a motorbike, knees bent, arms forward JUMP HOW GOOD WERE YOU AT JUMPING? Colour the stars