

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