

Jumping Activities and Games Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Long Jump:</p> <ul style="list-style-type: none"> - Have participants run and jump as far as they can (have them jump from a line on the floor) - Measure furthest distance 	
<p>Jumping Relay:</p> <ul style="list-style-type: none"> - The goal of the activity is to move the bean bag as far as possible as a team, one jump at a time - First player in line will have a bean bag in their hand and will take three jumps as far as they can - After their three jumps, they will put the bean bag on the ground where they stopped (make sure campers don't throw it ahead of where they stopped) - Once they drop the bean bag, they run back to their team and high five the next person in line - The next person will run to where the bean bag is, pick it up, take three jumps, drop it, and high five the next person in line - Continue this until everyone in the line has gone 	<ul style="list-style-type: none"> - Bean bags or marker
<p><u>Jellyfish Jump</u></p> <p>Hula hoops (Jellyfish) are placed distances away from each other. Players must jump from one jellyfish to another without landing outside of the hula hoop. If they land outside the hula hoop they must start again. After everyone has completed jumping across the jellyfish they are spread further and further apart every round.</p>	<ul style="list-style-type: none"> - Hula hoops - Tape - Bucket of water - Sponge
<p><u>Games</u></p> <ul style="list-style-type: none"> - Hop Scotch - Skipping - Leapfrog - Potato Sack /Sleeping bag Race 	