Speed Jump

Age Group: Foundation / Early Years

How to set up:

- Place a marker spot on the floor
- Make sure the stopwatch is ready

Equipment:

- Stopwatch
- Marker Spot

How to play:

- Children take turns to jump up and down on the marker spot as many times as they can in 30 seconds
- One child should use the stopwatch to time each person
- Another child should count the number of jumps the child performs
- Children will have one turn each

How to Score:

- One person will count each time the child jumps on the marker spot
- 1 Jump = 1 Point
- Record the number of jumps each child performs