

Dragon Sport Athletics

Jumping Jade

Activity Card



Dragon Sport
Campau'r
Ddraig

Jumping Jade



Let's play

- Design a jumping circuit - e.g. hopscotch; speed bounce; jumping for distance; scissor kicking over low obstacles; bounding (power leaping) over short distances; hopping; hop, step, jump (1 to the same, 1 to the other, 1 to 2 - triple jump); jumping for height; vertical jumping; jumping performing different shapes in the air; jumping jacks; etc.
- Work in pairs, one working the other counting/measuring/ recording score, 4 pairs per garden depending on activity and space available
- Score as an individual, a pair or a team
- Work against the clock or so many attempts

