

Jump the River

This is a personal challenge game.

You can use any area – indoors or outdoors.

Lay down a straight line on the ground. It can be a rolled up towel or a dressing own belt. This is the river.

The game is to jump the river as many times as you can in one minute without getting your feet wet in the river.

Write down your personal best score and see if you can beat it each day!



Adaptations and tips.

To shake it up and have a bit of competition. Play with a sibling and see which of you can get the most 'jumps' in 30 secs or one minute – depending on your ages.

Challenge

Add an extra line to make a plus sign like this:



In one minute see how many times you can jump around the corners.