

Standing Long Jump

Equipment: None



How to Play: Find a line or starting point to stand on. Jump – starting and landing on both feet and swinging your arms to help you jump further. Make sure you land on your feet and try not to fall over. Leave a marker to show where you landed and see which member of your family can jump the furthest.

Challenge: Can you beat your own score? Can you measure the distance you jumped using either standard or non-standard measures? How can you record how far you jumped?

Pirates

Equipment: A selection of 'treasure' and one hoop/bucket per player.



How to Play: Lay out your hoops/buckets in one of the corners of the space and spread out the 'treasure' around the middle of the space. The players are pirates who steal the treasure from the middle of the space and take it back to their hoop/bucket. When the treasure has gone from the middle of the space, you can then steal it from another player, but you can only carry one piece of treasure at a time. Who has the most treasure after a set amount of time?