

FLY

WARM UP ACTIVITY



EQUIPMENT

THREE LARGE RULERS OR STICKS.



INSTRUCTIONS

THIS GAME IS GREAT FOR TEACHING YOUR STUDENTS LONG JUMP OR JUST TO PRACTISE JUMPING IN A COMPETITIVE SITUATION. THE TEACHER SETS THE THREE RULERS UP IN A STRAIGHT LINE 30CM APART. THE STUDENTS TAKE ONE STEP BETWEEN EACH RULER, TRYING A LARGE JUMP ON THE LAST ONE. THE STUDENT AT THE END OF THE LINE IS THE 'FLY'; THEY MOVE THE LAST RULER TO WHERE THEY LANDED. THIS INCREASES THE SIZE OF THE JUMP FOR THE NEXT GO. THIS CONTINUES UNTIL ONLY ONE STUDENT IS LEFT AT THE END. THE RULERS GET FURTHER AND FURTHER APART, MEANING THE RUN-UPS AND JUMPS OF THE STUDENTS INCREASE. STUDENTS ARE OUT IF THEY TOUCH A RULER WITH THEIR FOOT, OR IF THEY TAKE TWO STEPS BETWEEN EACH RULER.



BreakAppz



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