

# LOG JUMPING

## WARM UP ACTIVITY



## INSTRUCTIONS

THIS GAME CAN BE PLAYED INSIDE OR OUTSIDE. STUDENTS LAY ON THEIR STOMACHS IN A CIRCLE WITH THEIR HEADS FACING INWARDS. MAKE SURE THERE IS A BODY WIDTH BETWEEN EACH STUDENT BEFORE YOU START. THE TEACHER STANDS IN THE MIDDLE AND YELLS ONE STUDENT'S NAME. THIS STUDENT GETS UP AND JUMPS CLOCKWISE OVER EVERY STUDENT SUCCESSIVELY UNTIL THEY GET BACK TO THEIR STARTING PLACE WHERE THEY LIE BACK DOWN.

THIS GAME IS LIKE A MEXICAN WAVE, SO ONCE THE LEAD STUDENT JUMPS OVER THE FIRST STUDENT THEY GET UP AND FOLLOW THE LEAD STUDENT AND SO ON, UNTIL EACH STUDENT HAS FOLLOWED THE PREVIOUS STUDENT BACK TO THEIR ORIGINAL PLACE. WHEN THE LAST STUDENT LIES DOWN THE TURN STOPS.

TO CHALLENGE THE STUDENTS THE TEACHER CAN TIME STUDENTS TO SEE HOW LONG IT TAKES FOR EVERYONE TO HAVE A GO AND GET BACK TO THEIR STARTING POSITION. THIS IS A FUN, CHALLENGING GAME THE CLASS CAN PLAY TOGETHER TO TRY AND BEAT THE CLOCK.



BreakAppz



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