

PE Star training

Jumping Jacks

5
minutes

You will need:

- 4 different coloured cones

This is a quick and fun activity that will help develop your jumping skills. You can play it on your own or with a friend.

How to play:



1

Place four different coloured cones in a diamond shape. Put them close enough together so you can jump from the middle of the diamond to each one.

2

Jump to each marker, first forward, then backward, left and right. (Return to the centre of the diamond after every jump.)

Why don't you?

Try jumping further by moving the markers apart, making the diamond even bigger.

Playing with a friend

Take it in turn to shout out colours for your partner to jump to, swapping after five jumps.