

Get up &
go!

How to play

This game can be played indoors or outdoors.

Pretend there is a stream in the middle of your playing area. Make the stream by placing a skipping rope or two rolled up towels about 30cm apart, parallel to each other.

Try to jump over the stream. After each turn, move the ropes or towels further apart.

The winner is the player who jumps the furthest. If you are playing on your own, try to beat your best jump.

Play games, move more and have fun whilst being active!

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TWEAKS
TO BE HEALTHY

Equipment

A skipping rope.

If you don't have a skipping rope,
you can use two rolled up
towels.

Jump the stream