

Get up &
go!

How to play

This game can be played indoors or outdoors.

You can play by yourself or with a group.

Draw a line on the ground.

Stand behind the line and jump forward as far as you can.

Place a marker where you land.

Repeat to see if you can jump further and beat your last distance.

Equipment

Chalk, markers like twigs
or cloths to measure how
far you've jumped.

Standing long jump