



CROSS THE STREAM

Use chalk to draw two lines to represent a stream. Vary the width, with banks nearly touching in some places, widening to no more than 4 feet. Mark the spots where children demonstrate the ability to jump across. Try running leaps. Try jumping with feet together. Have children yell something fun when they jump, such as, "Geronimo!"

DEATH LEAPS

Set out a number of hula hoops in a uneven pattern between two safe zones. Inside the hoops a child is safe. Touch outside and you die. Let the children figure out why. The challenge to get to the other side. Draw the safe areas with chalk. Let the children draw the safe spots.

BALLOON CITY

Place a large number of balloons in a small area. The challenge is to keep them all in the air any way they can without holding them. No hands?

COUNTING JUMPS

These rhymes can be used by individual jumpers and by children jumping in groups to see how many times a jumper can jump without tripping.

A, B, C AND VEGETABLE SOUP

A, B, C and vegetable goop,
What will I find in my alphabet soup?
A, B, C.

(When a letter is missed, jumper must shout a word starting with that letter)

LADYBUG, LADYBUG

Ladybug, Ladybug, turn around,
Ladybug, Ladybug touch the ground.
Ladybug, Ladybug shine your shoes,
Ladybug, Ladybug read the news.
Ladybug, ladybug, how old are you?
One, two, three, four.