



COMPASS JUMPS



INTENSITY

- Two-foot jumping forward and backwards
- Two-foot jumping side to side
- Two-foot jumping forwards and backwards and side to side

WHY?

- Developing bilateral integration
- Using both sides of the body in mirror image unison

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Increase time spent jumping (max 30 secs)
- Count the number of jumps you can do in 30 seconds. Can you beat your score?
- Call out different compass points for a partner to jump towards

Fold along line