

LONG JUMP RELAY



Watch this activity demo on  YouTube 

The Goal:

Move from the start to finish using 2-foot jumps. Teammates take turns jumping.

What You Need:

Cones to create start and finish lines.

How To Play:

- Create teams of 2-4 jumpers. All jumpers start behind the starting line.
- On the start signal, the first jumper performs a 2-foot jump as far as they can.
- As soon as they land, the next play runs up to the landing spot and performs a 2-foot jump to continue the team forward.
- Then, the next player moves up and jumps to continue forward. This continues with all jumpers taking turns until one teammate crosses the finish line.



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