#PowerJumpChallenge

SCHOOL GAMES

Achieve the challenge

Safely complete the jumping challenge that you have set yourself.

How to play

1. Find an area where you can plan your jumping challenge
2. Check the surrounding area is safe and does not put you in any danger
3. Agree on the challenge to complete. For example:
   - Try to jump over or between markers on the pavement
   - Create a target on a wall that you can use your feet to push off from
   - Use bags or coats to create a distance for you to jump over, increasing the distance each time
4. Be creative and come up with your own #PowerJumpChallenge. Can you combine two or three movements together to make the challenge harder?
5. Share your challenge for others to complete by demonstrating the jump and/or posting your footage on social media using the #SGChallenge #PowerJumpChallenge

Equipment

Optional
- Any items or areas that allow you to create a challenge

Spirit of The Games

Self-Belief:
Do you have confidence in yourself when attempting your #PowerJumpChallenge? Do you think this makes a difference?

Determination:
Do you keep trying the challenge if you don't succeed at first? Try adapting the challenge to make it easier and help you build your confidence

Play the video
Scan this QR code on your mobile device to watch how the game is played.

Safety

- Make sure you are completing challenges that are within your capabilities. Don't challenge yourself too much too soon
- Check the equipment and area you are using is stable and doesn't contain any potential hazards
- Check and challenge the safety of others ensuring you are not encouraging them to complete challenges that are too difficult

Skill up

- Do different obstacles require different take-off and landing techniques?

Link it up

- This game helps you get better at jumping both as an athletic event but also in other sports such as gymnastics.

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Roles for leaders and officials

- Ensure the area and challenge is safe
- Film the challenge taking place if the participant would like you to. This allows you to give feedback and advice to them upon watching the video back

Including Everyone

- You don't need to create big obstacles to jump over. You could place mats on the ground to create different levels.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- **S** Shorten the distance of your jump
- **T** Create a jump that requires you to stay at the same level
- **E** Remove any obstacles and just jump into space
- **P** Use others to assist you, acting as spotters

HARDER

- **S** Increase the distance of your jump
- **T** Create a jump that requires you to change levels e.g. jumping up or down
- **E** Add in obstacles on different levels and angles
- **P** Compete against another person

Change it up

- Create a series of jumps and challenge someone to a race.
- Try jumping off different parts of your body e.g. one foot.
- Find the most creative space to complete your jump.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you **can't answer YES** to these questions, make sure you **STEP in.**

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