

Movement Challenges & Games

LEG JUMPING

- Students work in pairs for this challenge.
- One student sits on the ground with their legs straight out in front of them.
- The other student stands astride the sitting students legs.
- On a signal student on the ground starts moving their legs like scissors, out wide and then together.
- The other student jumps to avoid the moving legs, taking their legs wide and together as necessary
- Repeat this process 5-8 times and swap roles.

Equipment: Nil.

Area Required: Enough space for pairs to sit with their legs straight out in front of them.

Benefits

- Develops timing and precision
- Cooperation and trust
- Develops coordination
- Agility
- Develops jumping skills

How to explain the activity

- Ask everyone to find a partner and sit together in the designated space ready for a demonstration.
- Either ask a student to be your partner for the demonstration, or ask a pair to demonstrate the activity.
- Explain one student is going to sit with their legs straight out in front of them, while their partner stands astride the students legs.
- Ask the student sitting to move their legs out into the straddle position while the one standing jumps the moving legs and lands between the legs.
- Ask the pair to reverse what they have just done so that they get back to the starting position.
- When the pair gets back to their starting position ask them to repeat the whole activity another 5-8 times.
- On completion of the activity ask the pair to swap roles.

Cues for debrief / reflection

- What was my aim with this activity, achievement, cooperation, speed, good performance?
- How well did I coordinate my jumping/leg moving with my partner?
- What did I feel when my partner was jumping over my legs?
- What did I feel before I had to jump over my partner's legs?
- How well did I focus on performing the activity to my best?

How to vary the activity

- Lower skilled students: Have students jump side-to-side over stationary legs.
- Change the speed that the jumping is done.
- Change partners regularly.
- Explore making jumping patterns with your partner: turns of body, crossing over of legs, double jumps, hops.