

Organisation**What you do:**

Combine any 3 jumps and measure the distance travelled.

In a pair:

Complete 3 jumps and place a marker where you finish. Your partner then takes 3 jumps from the marker. Measure the total distance.

In a group:

All complete 3 jumps and measure the total distance.

How you score:

Measure distance of jumps or award points for jumps over certain distances, for example, over 3 metres = 5 pts, over 4 metres = 10 pts etc.

Personal Best: Try to better your distance on the second attempt.

Against another in turn: Keep score for your opponent and then try and beat their distance.

Against another at same time: Try to achieve a greater distance than your opponent.